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OFF THE VINE

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Los Abuelos Family Farm

By Cathy Perry

Juan Gonzalez Torres came to the US from the state of Puebla, Mexico in 2004. When he couldn't find the vegetables he was used to he began to grow them in local community gardens. It was a pastime, not a business until this year. In 2011 The Los Abuelos Farley Farm officially became a business. He works with Francisco Tapia - his brother in law. His sister Reina is also helpful on the farm and at the market. Their farm is in Verona.



The Torres family sells at a few markets and is a local source to Willy Street Coop. As they expand in the Madison market they are also working toward becoming organic.

Together with other members of the Spring Valley Coop the Torres' started a CSA. CSA stands for community supported agriculture. Participants "buy" a share – which usually results in a box of vegetables per week (Look for more information to join a CSA next Spring.)

Juan is currently running a special on boxes of tomatoes-need any for tomato sauce or salsa? Check it out! Along with tomatoes, the family has many different greens, cilantro, beans, scallions, onions, radishes, papalos, squash blossoms, and

much, much more.

Juan and his family live on the Northside, Come out and support their farm this week at the market. It will be their pleasure to help you. The hustle and bustle of their stand is continuous. This family knows how to have a dream that becomes reality with hard work.

Winter Market

By Chris Moore

Hold on to your hats folks! There will be an NFM winter market this year, located in the old video store down the corner from Subway. **Dates to put on your calendar are: Nov 6 & 20, and Dec 4 & 18**

At the Market

Offbeat Acres is back at the market offering Alpaca Socks to keep your feet warm, hand Poured Hemp or Olive Oil Soap, Handmade Felt Soap, and more!



Donna Meunier from KP Simply Fresh Aquaponics Farm will be back this week. We learned that they have contracted with 5 school districts to provide lettuce. Because of this Donna plants up to 600 seeds every week of different kinds of lettuce including Oak Leaf, Red & Green Romaine, varieties of loose leaf. However, there is no Tilapia this week – they have to wait for them to get a little bigger. Stay tuned for updates on this.

In other news Polly Jane has a new Sungold Tomato & Jalapeno Preserve that you should try plus Salsa Man will not here for

the two weeks.

There is nothing like freshly picked local veggies and locally made food products. We got them all including:

Acorn Squash, Alpaca Socks, Amazing Lemon Bars, Apple Zucchini Bread, Banana Bread, Basil, Beets, Bell Peppers, Bitter Melon, Blackberries, Bok-Choy, Brady's Hot Breakfast, Broccoli, Cabbage, Canning Tomatoes, Cantaloupe, Carrots, CC Angus Beef,



Celery, Chicken, Chili Peppers, Chinese Spinach, Chuck Roast (Eartrise Farms – on sale!), Coconut Key Lime Bars, Collard Greens, Corn, Cucumbers (organic), Egg Rolls, Eggplant, Farmer John's Cheese, Fingerling Potatoes, Fresh Fall Crop Raspberry Jam,

Fresh Flowers, Gala Apples, Garlic, Ginger Gold Apples, Gluten-free Bread, Gourds, Grape Tomatoes, Green Beans, Green Onion, Ground Cherries, Ground Cherry Vanilla Jam, Heirloom Tomatoes, Honey, Honey Products, Hungarian Wax Peppers, Jalapenos,



Kale, Kohlrabi, Leeks, Maple Syrup, McIntosh Apples, Mixed Lettuce, Mixed Tomatoes, Multi-color Bell Peppers, Mushroom Garlic Seasoning, Mushrooms, New Potatoes, Oatmeal Caramelita Bars, Oatmeal Raisin Cookies, Okra, Parsley, Patty Pan Squash,

Pears, Peppers, Polly's Pretty Pickled Peppers (a mouthful), Pomegranate Jelly, Potatoes, Pumpkins, Purple Beans, Radishes, Raspberries, Razy Elderberry Jam, Rhubarb, Salsa Man Salsa, Sansa Apples, Smoky Paprika Seasoning, Smoothies, Spinach, Squash,

Sugar Snap Peas, Sungold Tomatoes, Sweet Corn, Sweet Onion, Swiss Chard, Thai Red Hot Peppers, Toasted Coconut Cookies, Tomatillos, Watermelon, White Sweet Corn, William's Pride Apples, Yellow Beans, Yumbutter Peanut butter, Zestar Apples, and Zucchini.

Events at the Market

This Sunday you can enjoy some corn dishes during our Corn Boil: Brady will be serving grilled corn (w/ the husk on) while Sergio will serve corn with butter, mayo, and Parmesan. Other types of corn may be served – come down to the market and get a taste!

On Sunday, September 18th you can show off your pet at our free welcome event-PET

PALOOZA. It's a parade, it's a fashion revue, and it is a costume contest. Come at 10am to register. We will meet in the Anchor Bank parking lot. The “parade around contests” will start at 10:30 and run through 11:30 and will provide lots of fun. Enter the pet 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” contest. Also competitions for waggiest tail, best hair, best smile, best trick, smallest pet and others. All non-aggressive pets are welcome.

Stop by the REAP Food Group table Sunday, September 25, 11 am to noon and learn more about REAP’s school snack program. REAP is working with ten schools in the Madison Metropolitan School District, including Lindbergh, Lake View, Sandburg, and Emerson Elementary Schools, all of which have been awarded the USDA Fresh Fruit and Vegetable Program (FFVP) grant from the USDA.

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 to submit your recipe.

The September 4, 2011 edition of the Vine e-newsletter is written and edited by volunteers: Kelly Nigl, Cathy Perry, and Chris Moore.

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