

Waukesha Farmers' Market Weekly Newsletter

Saturday, July 30, 2011



Waukesha Business Improvement District 802 N. Grand Ave., Waukesha, WI 53186
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This Week at the Farmers' Market...

Craig Petros #59 has his famous honey available in multiple sizes.

Craine's Kettle Corn #7 has homemade kettle corn. Their motto is this salty sweet treat is addictive!

Gourd Art #39 and #40 has beautifully decorated, painted gourds. Some are lovely birdhouses, kitchen decorations, and art for your yard.

NEW! Chi #15 has many varieties of produce in season. Chi has been here each week as a daily vendor but now she has a regular stall.

NEW! Frank's Gourmet Chips #66 Take home a bag of these popular homemade chips that come in a variety of flavors.

Roots Downs Community Farm #15 has Certified Organic produce grown from a community-supported agriculture and market farm.



PROHEALTH CARE

Some vendors are only available at the Market for a week, or a few weeks at a time. This weekend, be sure to check out these vendors at the Market:

Oberweiss Dairy - Milk and dairy products

Shaun Dailey - beaded iris bulbs

Downtown Today

- **Spontaneous Gallery**, 400 W. Main St., will be featuring Cape Cod Willy's Collection from 11:00 a.m. - 8:00 p.m. As this collection is moving soon to a new gallery, it is the final opportunity to purchase a piece from this late artist's collection.
- Guest artist Brent Schlemmer will be displaying his artwork at the **Waukesha Tattoo Company @ Galleria Edge**, 463 W. Main St., 10:00 a.m. - 7:00 p.m.
- **Hula hoop contest. Sloppy Joe's Soda Fountain**, 280 W. Broadway St., 5:00 - 6:00 p.m.
- **Waukesha County Historical Society & Museum**, 101 W. Main St., is featuring its "Owen Gromme: The 115th Birthday Exhibition", showcasing personal items and over 30 original oil paintings from the late artist.

Recipe of the Week

Brought to you by Little Swiss Clock Shop www.LittleSwissClockShop.com

Fresh Salsa

Contributed by Wendy Copeland, BID

Ingredients:

- 3 large tomatoes, diced
- 1/2 red onion, finely diced
- 2 cloves garlic, crushed
- 2 or 3 chili peppers, chopped (be sure to remove the seeds if you want a milder salsa)
- 1/2 cup fresh, chopped cilantro
- Juice of 1 lime

Procedure:

- After preparing all ingredients, place into large bowl
- Mix together thoroughly and well
- Add salt and pepper to taste, if desired
- Serve with chips and enjoy!



Perfect way to enjoy your summer veggies.



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Exp: 9/10/2011

1 free cookie with purchase.

130 NW Barstow St, Waukesha

Downtown Waukesha Celebrates with Art this Summer



The West End Artist Association announces the "Red Hot BBQ" Art Crawl on Saturday, August 6th, from 4-10 p.m. in Historic

Downtown Waukesha. This Art Crawl is sponsored by Magellan's/M2, which will feature BBQ on its menu and will include live music. Magellan's is located at 370 W. Main St.

For additional information on participating galleries, eateries, and night life spots, go to RedHotArtSpot.com.



Then come downtown on Saturday, September 10th for the 22nd annual Waukesha Art Fest. The all-day event is a juried art show with a silent auction to benefit local students. While attending this family-friendly event, you can enjoy food, live music, and childrens' activities. For more information, please visit DowntownWaukesha.com.



In pain? Looking for relief? Visit **Born Again Fitness and Nutrition** & try our new Infrared Sauna!

BornAgainFitnessAndNutrition.com

Question Of The Week

When does the Farmers' Market end?

The Market is scheduled to end on October 29th. However, if the weather continues to stay nice, we will be extending the Market into the first two weeks of November.

Need Ideas to Work Fruits and Vegetables Into Your Daily Diet?

Since some fruits and vegetables are only in season for a short period of time during the summer months, take advantage of these healthy treats when you see them at the Farmers' Market. It is no secret that getting your allotted servings of fruits and vegetables everyday can benefit your health. Here are some tricks to assist you in adding more produce to your daily diet.

Broccoli can be cut into small florets and served on its own, in salads, or in soup for some delicious extra flavor. Celery can be used similarly, as well.

When it comes to carrots, it is best to remember the smaller it is, the sweeter it typically will be. Carrots can be served raw, steamed, in stir-fry, or roasted. They are a healthy snack when paired with a dip of your choice.

Along with carrots, cucumbers and zucchini make great snacks, as well. For cucumbers, peel or slice and serve them raw, add them into a salad, or even dip into the veggies in yogurt. Zucchini can be steamed, sautéed, used in stir-fry, or roasted. The smaller ones typically have the most flavor and better texture. Use large ones for baking, such as zucchini cakes, breads, and bars.

There are many varieties of peppers at the Farmers' Market. While they can be chopped into pieces and added to salads or hot dishes, grilling them helps to keep the heat out of your kitchen. Another option is to brush them with olive oil and bake them in a

hot oven for 20 minutes to make sweet, roasted peppers. Stuffed peppers are also a delicious appetizer for dinner parties!

Spinach and Swiss chard are easy to add to meals. Simply wash thoroughly and remove the long stems. The leaves can be served in salads and in soups, or cooked on their own for use as filling in tarts, pancakes, and other delicious treats.

Tomatoes are freshest during the summer and now is the best time to take advantage of them! There are so many ways to enjoy tomatoes. Serve them raw or use them in dozens of recipes, especially as a wonderful sauce or in a salsa.

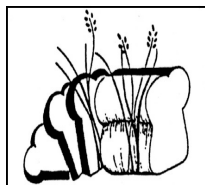
Now that raspberries are in season, the popular option is to store them in a refrigerator and eat them raw. They can also be pureed into a tangy but sweet sauce or served alongside ice cream, sherbet, gelato, and sorbets.

Blueberries are also available during this time of year and there are dozens of ways to serve them. As with raspberries, the typical method is to eat them raw. Try incorporating them into baked goods, such as pancakes, muffins, and cakes or add them as a dessert topping.



Be sure to become a fan of "Historic Downtown Waukesha" on Facebook for all the latest news on your community!

UW-Extension's Fresh Produce Donation Program Totals For Local Meal Site



This graph represents the amount of food donated (in pounds) to UW-Extension and the Waukesha County Nutrition Coalition from Farmers' Market customers and vendors.

Together we can help stop hunger in Waukesha County!

