

Waukesha Farmers' Market Weekly Newsletter

Saturday, August 27, 2011



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

Tom's Apple Cider #16 has Lodi, New Yorker, Lyman's Large, Summer, Quinte, and Sweet Bough apples, along with raspberries.

Adam's Sweet Corn #49 has zucchini, sweet corn, green beans, and tomatoes.

Gitt Organic #56 has hamburger meat, broccoli, peppers, tortillas, and tomatoes.



PROHEALTH CARE

Serenity Soapworks #10 has handcrafted and all-natural soaps, available in a variety of designs.

Robert Kietzman #69 and #70 will have blackberries, large mums, and sunflowers.

Desired Designs #7 has a wide selection of tie-dyed t-shirts, as well as handcrafted jewelry and bracelets.



The Philharmonic

Mark your calendars! The first-ever Farmers' Market Cookbook will be going on sale during the month of October. Enjoy some fabulous recipes from our Farmers' Market vendors, local businesses, and community members! More information will be available soon.

Downtown Today

- **Waukesha Tattoo Company @ Galleria Edge**, 463 W. Main St., presents the "Like Father, Like Son." Exhibit, 11:00 a.m - 7:00 p.m. This exhibit will feature works from artists (and father and son) Willis and Gerald Guthrie.
- **Hula Hoop Contest. Sloppy Joe's Soda Fountain**, 280 W. Broadway St., 5:00 - 6:00 p.m.
- **Spontaneous Gallery**, 400 W. Main St., hosts the "A Cultural Experience" art exhibit featuring pieces from Indonesia and Africa, 10:00 a.m. - 8:00 p.m.
- **Divino Gelato Cafe**, 227 W. Main St., has a new flavor: Fat Elvis. Stop in to try this delicious treat, along with their more popular flavors: Wedding Cake Bliss, Oatmeal Cookie & Fudge, and Willy Wonka Chocolate Bar.

Recipe of the Week

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

Zucchini Pie

Contributed by **Jeffrey Davidson**, Jeffrey's Fresh Fruits and Vegetables

Ingredients:

- For crust:
- 4 cups flour
 - 2 cups sugar
 - 3 sticks butter, softened
 - 1/2 tsp. cinnamon
 - 1/2 tsp. salt

- For filling:
- 10 cups Zucchini, 4-5 lbs., seeded, peeled, and sliced thin
 - 2/3 cup lemon juice
 - 1 1/2 tsp. cinnamon
 - 1/2 tsp. nutmeg

Procedure:

- For the crust, blend and put about 1/2 of mixture into the bottom of a 9x12 cake pan, also spread along sides.
- Bake at 375 degrees for about 10 minutes.
- For the filling, begin by cooking the zucchini in lemon juice, stirring occasionally.
- Add in cinnamon and nutmeg.
- Simmer for a while until liquid slowly evaporates.
- Spread filling on the crust and sprinkle the remaining crust on top.
- Bake at 375 degrees for 30 minutes.
- Let cool and serve.



This recipe is a mock apple crisp and is a delicious way to use zucchini!



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Grilling Green... Vegetables, That Is

As summer is ending, some of you may be looking for new ideas for grilling before the chilly fall weather starts sweeping in. Though hamburgers and hot dogs are always great stand-bys, why not try throwing some of your Farmers' Market purchases onto the grill?

It might seem surprising to some but many vegetables actually taste wonderful grilled. And lucky for us, the majority of them are still being sold at the Market. Next time you're walking around here on Saturday morning, try grabbing an extra eggplant, zucchini, or ear of corn.

There are many recipes available online - after all, many vegetarians want the opportunity to heat up their grills during these summer months. Corn can be grilled with or without the husk, while eggplant and zucchini are usually best grilled after being chopped into smaller pieces. Peppers are another lively choice, and can be hallowed out before grilling, and then stuffed afterwards.

Grilling can really enhance the flavors in some of these vegetables, and provide a fun new way to eat healthier. Vendors at the Market will certainly be able to answer any questions and offer suggestions! Be sure to keep an eye out for our upcoming Farmers' Market cookbook available in October!



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Question Of The Week

Does the Farmers' Market still go on even if it's raining?

Those of you present last weekend know - the Farmers' Market goes on rain or shine! While we will make adjustments if the weather is truly questionable, we plan to be open every Saturday now until October.

Make sure to check the forecast beforehand and dress accordingly!

What To Do Around Town: Ideas for After the Market

Though many patrons of our Farmers' Market are Waukesha residents, there are also just as many from small towns in the area (or even the city of Milwaukee) that come to visit our city just for our popular Market every Saturday.

But when the Market is over - what to do? Hopefully you don't just quickly head home, there are so many things to do around the city!

For those of you who may not be as familiar with Waukesha, or even just the residents who want to have fun, here are some suggestions for a pleasant Saturday in the city.

First off, as you know, the perfect start to your morning is starting off and making some delicious purchases at our Market. Take the time to walk around, talk to vendors, drink some coffee, and even have a nice hot sandwich.

Whenever you are done, make sure to store your purchases in an appropriate container so they won't spoil. A cooler packed with ice in your car should be just fine.

Within the Downtown area, there are dozens of activities. The local art galleries and museum offer amazing exhibits, and the scenic views of the Fox River are beautiful. Most restaurants in the area - such as The Steaming Cup, Sloppy Joe's, J. Lotti's, RiverMill Foods, and Rochester Deli - are open for lunch by the time the

Market has ended. If you're not in the mood to walk, Key Westconsin on the Riverfront Plaza is open and serving, as well.

Shopping is another great option, too. We're sure the ladies will love opportunities to visit some of our local favorites, such as Bangles & Bags, Jess Fleur Fun, and Mango. Families and children will love the Jest For Fun Joke Shop.

But possibly the best part of the city is the friendliness present from its business owners and residents. Everyone seems to have a smile on in Waukesha, and the happy feeling is certainly contagious!

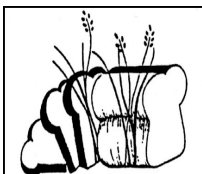
We may not be as big as Milwaukee, but if there's one thing Waukesha has is the safe, home-like atmosphere everywhere. With a wide variety of demographics in the neighborhood - college students, families, senior citizens, and young professionals - there is just about something for everyone.

So next time you stop at our Market, don't leave right away. Take a walk or a drive around. Check out our Event List on the front-page to plan out the rest of your day. You will certainly be glad you did and want to stay a while!



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 Current Pound Totals For Local Meal Site



This graph represents the amount of fresh produce donated to UW-Extension and Waukesha County Nutrition Coalition from Farmers' Market customers and vendors to date.

Together we can help stop hunger in Waukesha County!

