

Waukesha Farmers' Market Weekly Newsletter

Saturday, July 9, 2011



Waukesha Business Improvement District 802 N. Grand Ave., Waukesha, WI 53186
(262) 549-6154 | BID@DowntownWaukesha.com | www.DowntownWaukesha.com

This Week at the Farmers' Market...

Arthur Bay Cheese Compay has smoked string cheese, cheese curds, cheddar cheese, and Muenster cheese.

Esther's Bakery has raspberry, cherry, and pecan pies, peanut butter cookies, apple butter, raspberry jam, cinnamon rolls, noodles, and granola.

Artlinks has additional garden sculptures. Artlinks is a non-profit organization that helps adults with disabilities create art projects.

Sasha's Dressings has their newest salad dressing, *Sweet Aloha*, along with their many other featured dressings.

Ma Thao has strawberries, snap peas, onions, flowers, dill, and cilantro.

Some vendors are at the Market for a few weeks, or only a week at a time, including:

- **Perennial Planters**
- **Northern Worm Castings**
- **Paul's Petal Pushers**
- **Sor Lor Farm**

Cooking Demonstration! Visit the BID Info Tent at 10:00 a.m. for a live cooking demonstration from **Bodways Live Music Grill!**



Downtown Today

- Specially priced mimosas and Bloody Marys. Morning Happy Hour, **Sprizzo Gallery Caffe**, 363 W. Main St., 9:00 - 10:00 a.m.
- Glass fusing classes at **Wise Art Glass**, 139 W. Broadway., 2:30 - 5:00 p.m. Cost of class is \$100.00 and supplies are included.
- Anthony Soskich paintings on sale - 20% off! **River's Edge Gallery**, 380 W. Main St., starting 10:00 a.m. - 4:00 p.m.
- Side by Side exhibit, featuring work from Carroll University students and faculty. **Waukesha Tattoo Company at Galleria Edge**, 463 W. Main St., 10:00 a.m. - 7:00 p.m.
- Patricia McRery photography exhibit. **Spontaneous Gallery**, 400 W. Main St., 11:00 a.m. - 8:00 p.m.
- Emerging artist Adria Karpinski exhibit at **Spontaneous Gallery**, 400 W. Main St., 11:00 a.m. - 8:00 p.m.
- Learn the right angle weave stitch and create a bracelet at **Beading Hearts Studio**, 316 South St., 12:00 - 2:00 p.m. The cost of the class is \$50.00.
- Hula hoop contest. **Sloppy Joe's Soda Fountain**, 280 W. Broadway, 5:00 - 6:00 p.m.

Dates To Remember

Art Crawl - August 6th
Art Fest - September 10th

Recipe of the Week

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

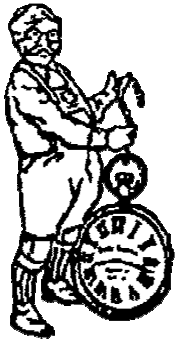
Greek Acres Farm Italian Lamb Sandwiches

Ingredients:

- 2 lb. Greek Acres lamb shoulder roast
- 1 cup chopped white onion
- 1/2 cup chopped bell pepper
- 2 Tbs. chopped garlic
- 2 Tbs. Italian seasoning
- 1 cup salad pepper rings, plus 1/2 cup of the juice
- 1 cup beef stock
- Salt and pepper (to taste)

Procedure:

- Place lamb in crock pot and cover with remaining ingredients
- Cook on low for at least 8 hours
- Remove the lamb and let cool enough to handle
- Shred meat off the bone and return it to crock pot to heat
- Using a spoon, heap the meat on a French roll to serve



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Exp: 8/20/2011

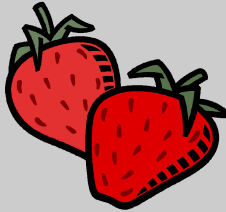
1 free cookie
with purchase.

130 NW Barstow St, Waukesha

Popular Items

Some items are very popular at our market. Be sure to stock up on some of these items for your family!

- Strawberries
- Radishes
- Onions
- Pies
- Jams
- Jellies
- Tomatoes
- Flowers



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



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Question Of The Week

May I bring my dog to the Farmers' Market?

Customers and community members may bring their well-behaved, leashed dog to the Farmers' Market.



Organic and Locally Grown Foods Explained

A popular question amongst patrons of the Farmers' Market has to do with what makes a certain produce "organic".

Organic produce refers to produce that is grown without the use of pesticides in the soil. Organically raised animals are not given hormones, antibiotics, or fed animal byproducts.

In the state of Wisconsin, produce that is certified organic must be inspected by the Wisconsin Certified Organic Farmers (WCOF) to insure they are following all the guidelines in place.



For a vendor to use the "USDA Certified Organic" seal, they must have passed the certification in place by the USDA. Their food must be 95-100% organic to display this seal.

Because the process to be labeled "certified organic" can be very long and rigorous, some farms choose not to do so, but develop produce that is natural and without any pesticides.

One important thing to note is whether or not you choose to purchase organically grown products, there are significant benefits to buying locally grown meat and produce - such as from Farmers' Market vendors.

For starters, revenue generated from

locally grown food stays within the community and goes directly to the farmer instead of paying for things such as marketing and distribution. This helps strengthen the local economy and generates income for farmers in the area.



According to Wisconsin Select CSA, the average distance for meat to travel before reaching your dinner plate is 1500 miles. By purchasing locally grown meats, you are reducing the amount of fossil fuels and carbon dioxide emissions into our environment. Also, because of the shortened distance the food has to travel, there is likely no need to use preservatives or irradiation to keep it safe to eat.

Finally, as you have likely discovered, locally-grown food is the freshest food you can purchase. Fruits, vegetables, and meat are harvested when they are ready and ripe rather than according to a schedule. This makes your food taste delicious and stay healthy for you and your family!

If you have any other questions on how your food is developed, simply ask your local vendor. We're sure they will be more than happy to explain their growing process to you and educate the public on healthy choices!

Waukesha County Fair Spot

It's not too soon to begin thinking about the Waukesha County Fair!

The 169th annual running of the fair will be on July 20-24 at the Waukesha County Fairgrounds. Admission prices at the gate are \$9.00 for adults, \$6.00 for children ages 6-12, and children 5 and under are free. Parking is also available for \$5.00, though this will be subject to availability.

Ted Nugent, Creedence Clearwater Revisted, Colletctive Soul, and The Beach Boys have all been recently announced as performers.

