

Waukesha Farmers' Market Weekly Newsletter

Saturday, August 13, 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...

Gojon has beautiful handmade carrying bags for walkers, along with aprons, shoulder bags, and totes.

Suzy's Whim has fabric-covered handmade cards (she can also do custom orders for special occasions), paper cranes in jars, and mobiles.



Tom's Apple Cider #16 has Jersey Macs and Lodi apples, in addition to their famous homemade Apple Cider. Samples are always available for this tasty drink.

Steaming Cup #58 has dark and light roast coffee, along with scones and mini cookies.

Temple Hill has Pacific Sunrise (a Vietnamese Blend) and Delat Arabica (100% Vietnamese Arabica blend) coffee.

Nina & Family Garden #3 & 4 has leeks, pumpkin leaves, sun gold tomatoes, and green beans.



Greek Acres Farm #6 has gyros, ground lamb, and lamb brats.

COOKING DEMO! Rochester Deli will be demonstrating how to create Gezpacho Soup today at the BID Info Tent! Be sure to stop by at 10:00 a.m. to learn how to make this tasty treat!

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.
- **Waukesha Civic Theatre**, 264 W. Main St., continues its run of "Ronald Dahl's Willy Wonka." Show times for the play today will be at 2:00 p.m. and 6:00 p.m.
- In celebration of the Civic Theatre's production of "Willy Wonka," **Divino Gelato**, 227 W. Main St., is featuring limited-edition gelato flavors "Willy Wonka Chocolate Bar" and "Violet's Gum Dinner," 11:00 a.m. - 10:00 p.m.

Recipe of the Week

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

Rochester Deli's Gazpacho Soup

Contributed by Rochester Deli

Ingredients:

- | | |
|---|---|
| <ul style="list-style-type: none"> • 46 oz. can tomato juice • Cucumber peeled, seeded, diced • 1/2 green pepper, diced • Bunch green onion, diced • Medium poblano pepper, without seeds, diced • 1 1/2 cup diced tomatoes • 1/2 bunch chopped cilantro • 1 cup diced celery • 1 Tbsp. onion powder • 1 Tbsp. garlic powder • 1 tsp. salt | <ul style="list-style-type: none"> • 1/2 cup olive oil • 1 tsp. Tabasco sauce • 1 tsp. black pepper • 2 Tbsp. Worcestershire sauce • 1/4 cup cider vinegar • 1 Tbsp. sugar • 1 Tbsp. dill weed • 1 tsp. cumin |
|---|---|

Procedure:

- Mix all ingredients together
- Refrigerate 7-10 days, and enjoy!



This Spanish style cold soup can be enjoyed all year long! This recipe will make 2 quarts.



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130 NW Barstow St, Waukesha

Tricks to Shopping Smart at the Market

Week after week, thousands of customers frequent our Farmers' Market. While many are usually returning customers, some are first-timers, eager to check out this local Market they have heard so much about.

For those of you looking to become "Market pros," here are a couple tips to make your shopping experiences the most enjoyable they can be.

- Wear comfortable shoes! You'd be surprised how much walking you will do in the time spent at the Farmers' Market on Saturdays. Sturdy sandals or flats are always a safe choice, of course athletic shoes are a good choice.
- Carry a strong, durable tote with thick straps. Lugging those reusable plastic totes from grocery stores isn't always the best option if you plan to purchase a lot. Not only will your arms get sore, but the bag may break in the process.
- Bring cash. Very few vendors accept credit cards.
- And finally - don't forget to practice safe sun! Sunglasses, a hat, and sun screen are highly recommended on our hot, sunny mornings.



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BornAgainFitnessAndNutrition.com

Question Of The Week

What if I purchase something large or heavy? How can I get that item to my car?

There are designated loading zones available for you to pull your car up to and load the items in. The vendor may be able to assist you in getting the item to your vehicle, however, you are welcome to stop by the BID Info tent for assistance. We do have a golf cart on site and someone can ride with you (and your purchases) to help load them into your car.

Making the "Most Important Meal of the Day" a Healthy One

Be honest - how many of you take the time to make breakfast every single morning? Now another question - how many of you actually take the time to make that breakfast a healthy one (ie: not a simple bowl of cereal, coffee, or trip through the fast-food drive-thru on your way to work)?

For those of us who admittedly need a little help in the breakfast department - fear not! With all the fresh produce and whole grain breads available at our Farmers' Market week after week, creating a healthy and tasty breakfast is no longer just a fantasy, but is an actual possibility.

Take a moment and try to make a list of what you typically make for breakfast (if anything). Pancakes, waffles, toast, donuts, or muffins? Sausage, fried eggs, bacon, cheesy omelets, or hash browns?

The problem many of the foods listed above is that while they may fill you up temporarily, you'll just begin your day with a high blood-sugar level, only to then crash within a few hours (and likely feel the need to snack on something very sugary and unhealthy). Or in the case of the breakfast meats, eggs, and potatoes, there is a high fat content.

When we were children, we heard from our mothers that famous phrase, "Breakfast is the most important meal of the day," so shouldn't you make it a healthy one?

Next time you visit the Farmers' Market, focus your breakfast search on finding foods that will assist you in making your meal. Many vendors sell whole-grain breads and bagels which can still be toasted. Or, you can spread some low-fat cheese or peanut butter on a bagel.

You can also create delicious smoothies as a substitute for that morning coffee. Discover the benefit of ingredients that will keep you much more alert than your standard cup of Joe otherwise might. To create your smoothie, mix fresh fruits (strawberries, raspberries, and blueberries are all wonderful combinations), low-fat yogurt, milk, honey, and a juice of your choice in a blender and puree until the mixture is smooth.

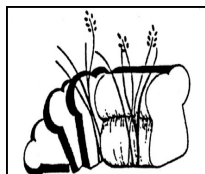
For those of you who still love your eggs and bacon, try instead make an egg omelet with lots of vegetables. Lean meats can be incorporated, as well, or served on their own in lieu of bacon and sausage foods.

But what is the most important rule of all? *Don't skip breakfast.* You'll only be draining yourself of nutrition and energy.



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



Waukesha County Nutrition Coalition



Together we can help stop hunger in Waukesha County!

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.

