

The Daily Carrot

Volume XIII, Issue I

July, 2007

Plaza Pleasures Presents...

6/23 Summer Kick-Off with The Hummers & Strummers 10-10:45

6/30 The Joan Hammel Band 10-11:30

7/7 The Dooley's 10-11:30 (American/Irish Folk Music)

7/14 Jodi Koplin 10-10:45 (Interactive Kid's Songs)

7/21 Joel Frankel 10-11:30 (Folksongs)

7/28 Rick Shandling's Jazz Quartet 10-noon



Save the Dates:

7/7 July Raffle

7/7 Whole Foods Market ~ Samplings

7/21 Trustee in the Town

8/25 GRILLFEST

9/15 3rd Annual APPLE PIE CONTEST

Each week remember to visit the various community group fundraisers and information booths.

Buy Fresh ~ Buy Local!

The **Deerfield Farmers Market** is back for it's 13th season and we are ready to rock and roll!

If you haven't been keeping up with all the recent information about the importance of buying local, we're here to help you out. Get ready to take copious notes, there'll be a quiz in next month's newsletter!

7 Reasons to Shop Local:

I. Fresher foods are more nutritious. Locally grown fruits and vegetables are usually harvested within 24 hours of arriving at the farmers market. When its picked at the height of freshness, produce not only

tastes better, it is more nutritionally complete.

II. Reduce Energy Consumption. Locally produced foods do not require significant transportation or storage, which are very energy-intensive and pollute our air and water.

III. Increase Regional Economic Health. Buying locally grown food keeps money within the community. This contributes to the health of all sectors of the local economy, increasing



Sunflowers are a favorite at the farmers market.

the local quality of life.

IV. Encourage a Self-Sufficient Community. A community that produces its own food enables people to influence how their food is grown. In addition, it reduces reliance on far-off food producers, thus stabilizing its own food supply.

Welcome our Newest Vendors!

Please join us in welcoming our new vendors this season:

Best Baskets/Here's to the Cook from Gurnee, IL carries a variety of pasta sauces, pesto, grilling sauces, beverage mixes, biscotti and

salsas. Stop by their booth for samples. We are certain you'll find something to bring home!

We are thrilled to introduce our newest organic vendor – **Dea Dia Organics**, a small family operated farm which is

located on the Prairie Crossing Farm in Grayslake.

We have a new all-natural produce vendor, **Providence Farms**, and an Illinois fruit grower, **Royal Oak Orchard Farm**, part of a three-family farming

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V. Helps Preserve Biodiversity. Farmers selling locally are not limited to the few varieties that are bred for long distance shipping, high yields, and shelf life. Often they raise and sell wonderful heirloom varieties that may be hard to find in supermarkets.

VI. Preserve the Rural Character of

the Land. Supporting local farmers means maintaining local farmland. Local consumers can serve as the lifeline for local farmers because they create direct marketing opportunities where sellers can receive fair prices for their crops.

VII. Avoid Post-harvest Contamination.

Foods sold in local markets without the need for extensive storage and transportation will likely contain minimal or no waxes and/or fungicides applied to protect the product after harvest.

Reprinted from *Locally Grown Food Good for Our Health, and the Health of Our Communities*, by Wendy Siporen

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cooperative in Harvard, IL.

Fulton Street Baking Co. is a high-end bakery in Chicago which supplies many of Chicago's finest restaurants and we are very excited to have them at our market.

Please patronize our new vendors as often as possible as it will take time for them to become established at our market. However, as the growing season progresses, we are certain you will be as excited as we are about the wonderful and unusual products they bring to our

market - garlic scapes, arugula, heirloom tomatoes and fingerling potatoes, just to name a few.

Look for more information on each of our new vendors in subsequent issues of *The Daily Carrot*.

Inside Our Recipe Box

Here's a very tasty and easy-to-make salad using fresh shelling peas found at the farmers market.

SPRING PEA SALAD

Ingredients

3-1/2 cups fresh peas, shelled
1 cup sour cream, low-fat or regular
2 scallions, finely chopped

6 slices bacon, cooked crisp, drained and crumbled
1/2 tsp salt
freshly ground pepper

To Prepare Salad

Cook shelled peas in a little boiling water until they are no longer raw, about 1 minute; drain well and chill. In

a small bowl, toss the peas with the remaining ingredients. Transfer to serving bowl and serve.

Serves 6 to 8.

Adapted from

Recipes from a Kitchen Garden, by Renee Shepherd & Fran Raboff

The Daily Carrot is published monthly. Pick up your *free* copy to find great ideas, delicious recipes and fun facts about the wonderful products at the **Deerfield Farmers Market**. Copies of the newsletter are available at *The North End* by the market board.

Also, pick up a free copy of the market calendar and be sure to check the marker board each week so you don't miss a thing!

The Deerfield Farmers Market
Committee:

Joan Reed & Joanne Kunz,
Co-Managers

Pat & Tom Jester
Brian Reed

Jeff Ryckaert, Village Planner
Jennifer Davis, Administrative Asst.

The Daily Carrot
a Deerfield Farmers Market Update

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