

FARMERS MARKET

at Living History Farms



Here at the Farmers Market at Living History Farms we focus on locally grown and produced goods. This means we have farmers and growers from the local area that are here to provide you with the freshest and most nutritious produce around. But beyond the food that we eat we have locally crafted items made by the people in our own neighborhoods.

At Living History Farms we not only demonstrate and educate about our agricultural history but all the things that encompass living a rural life. To that measure we demonstrate broom making, blacksmithing, hat making, and much more. All of these skills helped to add conveniences to the lives of farmers and townspeople throughout the Midwest. Today we still keep these skills alive to pass onto future generations.

At the Market you will find everything from hand crafted wood items to delicately crocheted treasures. The skilled individuals that created these items are working much like we do in the museum; they are keeping these techniques and skills alive and passing so they can be passed on to future generations. You can find everything from great gifts for friends to great items to add to your own home.

Join us this month as we have vendors providing these hand crafted items for all to enjoy and pick up some fresh produce to spruce up that supper for the family. Also enjoy the demonstrations that will be provided by the staff from Living History Farms. We will be demonstrating everything from needle point to blacksmithing. Help us and the community to pass on this skills and trades that have such a long history.

JUNE 2010

Hand Made in Iowa

Every Wednesday

4-7 pm

May 12th—October 6th

What's Fresh at the Market!

Asparagus
Beans
Collard Greens
Leeks
Lettuce
Mustard Greens
Green Onions
Radishes

Calendar of Events

June 2

Market Day

June 9

Market Day

Music—Big Joe Kinser

June 16

Market Day

Farm Safety Just for Kids

June 23

Market Day

Young Women's Resource
Center

Music—Kyle Dean Patten

June 30

Market Day

Music—Susan Jellinger

CHECK OUT THESE VENDORS EACH WEEK!

Ballenger Chiropractic	Health and Wellness
Betty Houf	Crochet and needlework items
Chairman of the Board	Adirondack furniture
Crooked Gap Heritage Farm www.crookedgapfarm.com	Meat, Poultry, and Eggs
Dennis Frank	Outdoor wood and copper products
House of Mouse...Designs by Miki	Beaded Jewelry and children's purses
Iowa Machine Shed	General Food Concessions
Iowa Orchard www.iowaorchard.com	Fruit, Vegetables, Honey, and Baked Goods
Keller's Breads	Breads
Raccoon Forks Farm	Fruits, Vegetables, Eggs, Herbs, and Flowers
Rexroat Sales	Vegetables, Fruits, Plants, knitted and crocheted items
Super Soynuts	Soynuts and Wood products
Tracy's Concessions	General Food Concessions
Van Wijk Winery www.vanwijkwinery.com	Iowa Wines

Check out our Demonstrations!!!

Each week in addition to having vendors offering a large variety of fresh produce and hand made items we have demonstrations. Living History Farms staff and volunteers will be present to show skills and pastimes that have always been a part of our Midwest culture. Check them out next to the Living History Farms booth.

Community Corner

Help out our community through our partnership with Urbandale Pantry! Every week at the Farmer's Market there will be a drop off site for the Pantry. Everyone is welcome to contribute to this cause. Purchase something from a vendor and donate it or bring something from home and drop it into the box. Local patrons would love the chance to have some fresh produce to take home to their families. We are excited to use our local farmer's market to help local residents.

Mustard Greens Braised with Ginger, Cilantro, and Rice

2 bunches of mustard greens, stems removed
3 T vegetable oil
1 onion, diced
1/4 c cooked white rice
2 T ginger, finely chopped
1 t ground cumin
1 t paprika
1 c cilantro, chopped
Sea salt
Plain yogurt

1. Wash the mustard greens well, then chop, but don't dry them
2. Heat the oil in a wide, heavy pot over medium heat. Add onion, rice, cumin, ginger, , and paprika. Stir to coat with the oil. Cook for 2 minutes, then add the cilantro and the mustard greens. Sprinkle with 1 t salt, cover and let cook until the volume has reduced, 10-15 minutes. Give everything a stir, then reduce the heat to low, recover and cook slowly for 20 minutes. There should be ample moisture in the pot, but check once or twice to make sure nothing is sticking on the bottom. If the pan seems dry, add a few tablespoons of water.
3. Cook until the greens are really tender, 10-15 minutes more. Serve warm or at room temperature, with yogurt spooned over the top or a squeeze of fresh lemon.