

# FARMERS MARKET

at Living History Farms



## MAY 2010

### *Spring into the Market*

Wednesdays

4-7 pm

May 12th—October 6th

Living History Farms holds this market as one way of telling the ever-changing story of Midwestern agriculture and rural life. Today consumers are becoming better-educated about what they are eating and where their food is coming from.

This is bringing awareness to the importance of buying fresh and local to ensure the nutritional food is available. The Farmers Market at Living History Farms will build on this demand by giving space to local farmers and craftsmen, who provide these local products.

Unique educational opportunities will be included for all attendees through demonstrations about local food and craftsmanship. Live music on the second and fourth Wednesday of each month will help round out this community event for all involved.

In addition to traditional farmer's market vendor offerings, the Farms will host a demonstration area, as well as area for area cultural organizations each week to promote their groups.

Be sure to tell your friends about this event. You will leave with a great appreciation for the hard work that goes into growing local foods and crafting quality products.

#### WHAT'S FRESH AT THE MARKET!

Asparagus  
Lettuce  
Mustard Greens  
Green Onions  
Radishes  
Rhubarb  
Spinach  
Bedding Plants  
Garden Perennials

#### CALENDAR OF EVENTS

May 12th—Opening day  
Learn to make paper  
flowers from our historic  
interpreters

Hear the music of Kyle  
Dean Patten

May 19th—Market 4-7

May 26th—Market 4-7

Hear the music of  
Chris Heaton

#### **Grilled Asparagus Salad**

##### Ingredients:

1/4 c olive oil

1/8 c lemon juice

12 fresh spinach leaves

1/8 c grated Parmesan cheese

1 T seasoned silvered almonds

1. Preheat a grill on low heat. Combine lemon juice and olive on a plate. Place asparagus on the plate, and roll around to coat.
2. Grill asparagus for about 5 minutes, turning once, and brushing with olive oil mixture. Remove from the grill and place back on the plate with the oil.
3. In a large bowl, combine the spinach, cheese, and almonds. Cut asparagus into bit sized pieces, and add to the salad along with the lemon juice and oil from the plate. Toss and serve.

## CHECK OUT THESE VENDORS EACH WEEK!

ALA Naturals	Vegetables, Fruits, Herbs, Flowers, and Plants
Ballenger Chiropractic	Health and Wellness
Betty Houf	Crochet and needlework items
Chairman of the Board	Adirondack furniture
Crazy 4 Nuts <i>www.crazy4nuts.com</i>	Roasted Nuts
Crooked Gap Heritage Farm <i>www.stoneyfieldonline.com</i>	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 <i>www.iowaorchard.com</i>	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
Soder Apiaries	Vegetables, Fruits, Herbs, Eggs, Plants, and Honey
Super Soynuts	Soynuts and Wood products
Tracy's Concessions	General Food Concessions
Van Wijk Winery <i>www.vanwijkwinery.com</i>	Iowa Wines

## 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.



## VENDOR SPOTLIGHT

Spring has sprung and so are the fields and greenhouse at Raccoon Forks Farm. We are located just outside Redfield, IA and offer chemical free produce, herbs and new this season, a variety of cut flowers as well as our pastured, hormone free, antibiotic free brown chicken eggs. Also new this season, our CSA shares are now available to the public. Purchasing a share entitles you to a box of fresh vegetables, herbs, and flowers delivered to the Living History Farms Farmers Market for 20 weeks. We have many share options! To learn more call 515- 833-2022, email us at [manthofer@optimaeliveservices.com](mailto:manthofer@optimaeliveservices.com), or stop by our stand at the Living History Farms farmer's market. At Raccoon Forks Farm it is our mission to market fresh, locally- grown, chemical free food at affordable prices in Central Iowa while providing training opportunities in small- market farming.