

FARMERS MARKET NEWSLETTER

BUY LOCAL - BUY FRESH WEEKLY EDITION

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MARKET
OPENS
JUNE 30, 2016
12-6PM

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FUN FACT

CALIFORNIA PRODUCES
ALMOST ALL OF THE
BROCCOLI SOLD IN THE
UNITED STATES!

- BERRY ROAD TRIP -

Some 80 percent of U.S. fruits and vegetables are grown on large farms and trucked hundreds of miles to their final destination. To track a crop's travels, two reporters followed a truck filled with strawberries from a central California field to a store in Washington, D.C. Their conclusion? Knowing exactly how a strawberry gets to market isn't so intriguing at 3 a.m. on the highway. By design, this transport is orchestrated so that consumers never have to think

about a fruit's journey until it arrives at the store, and they can inspect for bruises.

FOOD ON THE ROAD

2.6 Million is the number of registered truck tractors on U.S. roads each day. (Trucks driving east tend to carry food. Those driving west usually carry nonperishables). **5,120** total estimated miles is the average miles a food item travels, including all supply chain transports.



Vendor Spotlight

Each week we will select a vendor that will offer a special. Purchase \$10 worth of product and receive a \$5 Market Dollars coupon that can be used at any vendor's booth.

-July 7-
Heidi Kasdoft

-July 14-
David Kuhn

-July 28-
Shelly Baumgart

-Aug 4-
Sharon Hussin

LOCAL RECIPE : ROASTED ASPARAGUS WITH FETA CHEESE



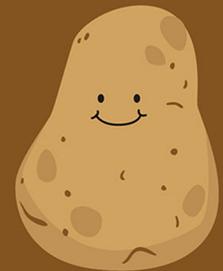
Roasted Asparagus with Feta Cheese is a great side dish for beef or pork. The feta blends so well with the olive oil and asparagus to create a delicious side dish, it may become the star of the meal.

Ingredients:

2 lbs. fresh crisp asparagus
1/4 cup olive oil
4 cloves garlic, minced
1 teaspoon lemon zest
1/2 teaspoon dried oregano
1/4 teaspoon red pepper flakes
kosher salt (to taste)
fresh ground black pepper
juice of 1 lemon
4 ounces crumbled feta cheese
2 Tablespoon chopped fresh parsley

1. Preheat oven to 400F.
2. Heat olive oil, minced garlic, lemon zest, oregano, and red pepper flakes in a small pan over low heat until garlic becomes golden.
3. Remove from heat and allow to cool.
4. Bend asparagus gently until it breaks at a natural point and discard ends.
5. Toss asparagus pieces with olive oil mixture and place in a single layer on a baking sheet.
6. Season asparagus with salt and pepper then with crumbled feta cheese.
7. Roast at 400F for 12 minutes or until tender.
8. Sprinkle with chopped parsley and drizzle with lemon juice. Serves 4.

Potatoes were the first food to be grown in space. In 1996, potato plants were taken into space with the space shuttle Columbia.



WHAT IS IN SEASON FOR JULY?

OFM cannot guarantee items at the Market

Apples
Artichokes
Asparagus
Beans
Beets
Blueberries
Broccoli
Brussels
Cabbage
Cantaloupe
Carrots
Cauliflower
Celery
Chard
Cherries
Cucumbers
Eggplant
Garlic
Green Onion
Kale
Kohlrabi
Leeks
Lettuce
Melons
Mushrooms
Okra
Onions
Scallions
Peas
Peppers (Hot, Bell)
Potatoes
Radishes
Raspberries
Rhubarb
Spinach
Strawberries
Summer Squash
Sweet Cherries

HOW TO MAKE STARBUCKS AT HOME

You can make this very simple and easy Starbucks Vanilla Bean Frappuccino right at home. Also saving yourself some money in the process!

Baking & Spices

1 tsp Sugar
1/8 tsp Vanilla extract
1 Whipped cream

Dairy

1 1/2 cup Milk

Frozen

1 cup Ice
3 scoop Vanilla bean ice cream



3 FACTS YOU DIDNT KNOW ABOUT FOODS

1. There is no such thing as negative calorie foods.

There is a long standing myth out there that you can eat some fruits and vegetables that require more calories to digest than they actually give. Unfortunately, this is total hogwash. There are foods out there that have very few calories. For instance, a stalk of celery has between six and ten calories. There is a metric called TEF (Thermal Effect of Food) that measures how many calories are used to digest food. Generally speaking, it's only about 10% to 20%. That means a ten calorie stalk of celery still gives you eight calories even after digestion. Now you know!

2. Fruits and veggies have a ton of fiber.

A lot of people knew this one already but what they don't know are the benefits of fiber. It can help keep your bowel movements regular, help lower cholesterol, regulate blood sugar, and help you feel fuller for longer. Pretty much all of those things can lead to you feeling healthier, losing weight, and eating less bad food.

3. The skin usually has the most nutrition.

If you peel your fruits and vegetables before you eat them, you may be making a nutritional mistake. On many fruits and veggies such as carrots, apples, and cucumbers, a good percentage of the nutrition is actually stored in the skin. That means when you peel them, you're actually peeling away nutritious benefit. The skins also contain a lot of fiber and we've already talked about all the great things that fiber can do.

FARMER'S MARKET BASHES

JULY 21st & AUGUST 18th
12 - 6 PM

LIVE MUSIC, GAMES, HORSE &
WAGON RIDES AND MORE



UPCOMING EVENTS FOR THE MONTH

JUNE 30th: Planting Days - Seeds for Kids – water & bags with seeds
(Green Bay Bull Frogs Mascot will attend)

JULY 7th: Planting Days/Xmas in July - Seeds for Kids – water & bags with seeds.
Vendor Ugly T-shirt contest

JULY 14th: Green Bay Bull Frogs Mascot will attend. Give planters to kids with seeds that grew.
Produce education-kids zone

JULY 21st: KIDS BASH: TC Hatter the Mime, Face Painting/Balloon animals, Scavenger Hunt, Horse and wagon rides, Sucker Tree, Bean Bag Toss, Obstacle Course and Plinko game.