



Weekly Update

What's News at the WCM

October 3, 2009

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Winter squash from County Line Plants & Produce. Photo: Bill Lubing

Dear WCM Shopper,

We have gone a number of weeks with "all's well" regarding the weather and crops. Now, every farmer we know is waiting for the first sign that Fall's arrival will affect their Market table.

Many farmers can recite the most recent weather radar and frost predictions as accurately (and with as much enthusiasm) as your favorite television weatherperson. These farmers know that the fate of much of their crop rests with that first frost. It also rests with how much protection they're able to provide to those frost-sensitive crops.

Many vegetables that are less frost tolerant include those that originated in tropical or sub-tropical regions. These include tomatoes, peppers, eggplants, melons, summer squashes, cucumbers, and some beans. Those that originated in northern regions can tolerate frost, particularly the early frosts, quite well. These include broccoli, kohlrabi, cauliflower, beets, Swiss chard, kale, cabbage, and spinach. The root vegetables, such as carrots, beets, radishes, parsnips, and turnips do well later in the season.

Our WCM farmers use various means to protect their crops from frost. Some have tomatoes in greenhouses or use row covers, which will greatly extend their growing (consequently our eating) season. Others have field grown tomatoes which will succumb to the cold quite easily.

At this point in the season it's best to talk with your favorite vendor about his or her anticipated produce offering in the weeks ahead. If you've bought plants at the WCM, there are rows of experts willing to help you extend your home garden. **Tomato Mountain** from Brooklyn

hasn't forgotten about those starter plants they sold you last Spring, nor has **Weststar Farm** from Pleasant Springs.

We also want to make sure we're following the proper procedures when it comes to our blooming plants as well. **Morningwood Farm**, from Mt. Horeb, **Kopke's Fruit of the Bloom**, from Oregon, and **Country Bloomers** from DeForest are all happy to offer helpful advice to home gardeners.

At our home we just processed 40 pounds of tomatoes into jars of seasoned tomato sauce and roasted tomatoes. That's probably it for this year when it comes to canning tomatoes, though we'll certainly buy and enjoy the fresh ones as long as they're available.

Peppers and Greens
from Real Foods
Photo: Bill Lubing

We're now setting our sights on winter squashes and other late season crops. **Eplegaarden** from Fitchburg, **Green's Pleasant Springs Orchard** from Stoughton, and **Future Fruit** of Ridgeway have terrific supplies of apples. **Natalie's Garden and Greenhouse** from Oregon has some wonderful late season sugar snap peas while **Real Food** from Athens (see photo at right) continues to harvest beautiful peppers. The point is, the season is changing, not ending.



If you haven't already, it's a good time to check with your favorite vendor to reserve your Thanksgiving turkey, chicken, goose or duck. Check with **JenEhr Family Farm** of Sun Prairie, **Jordandal Farms** of Argyle, and **Pecatonica Valley Farm** of Hollandale.

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Recipes

Braised Lamb Shanks with Winter Squash and Red Chard

This delicious, hearty meal is easy to make and more easy to eat.

Ingredients

Lamb and Squash

4-3/4 pounds lamb shanks
2 tablespoons oil
4 tablespoons butter
1 1/2 cups chopped onions
1 cup chopped carrot
1 cup chopped parsnip
4 sprigs thyme
2 whole garlic heads, unpeeled, horizontally cut in half
1 cup dry red wine
5 cups chicken stock or low sodium chicken broth
1 large orange, peel and pith removed, quartered
2 whole cinnamon sticks
2 teaspoons fennel seeds, crushed
1 3/4 lbs butternut squash, quartered lengthwise, seeded
1/2 teaspoon ground nutmeg
1 medium fresh fennel bulb
2 teaspoons grated orange rind

Chard

2 bunches red swiss chard
2 tablespoons butter

Directions

1. Preheat oven to 375F degrees.
2. Sprinkle lamb on all sides with salt and pepper.
3. Heat oil in heavy large pot over high heat.
4. Add lamb, cook until brown turning occasionally; about 10 minutes.
5. Transfer to plate.
6. Add 1 tablespoon butter to drippings in pot.
7. Add onions, carrots, parsnips, thyme, and garlic.
8. Sauté until vegetables soften and begin to brown.
9. Add wine, boil until reduced almost to a glaze; about 4 minutes.
10. Return lamb to pot, arrange in single layer.
11. Add stock, orange, cinnamon, and 1 teaspoon fennel seeds, bring to a boil.
12. Place pot in the oven.
13. Braise lamb uncovered until tender, turning and basting often; about 2 hours and 15 minutes.
14. Meanwhile, rub cut sides of squash with 1 tablespoon butter and sprinkle with salt and pepper.
15. Arrange squash, skin side down on a baking sheet.
16. Roast on sheet alongside lamb until tender; about 1 hour and 15 minutes.
17. Scrape squash from skins into a bowl.
18. Add nutmeg and 2 tablespoons of butter.
19. Mash with a fork until almost smooth, season with salt and pepper.
20. Transfer lamb to a plate, strain braising liquid into a bowl; spoon off the fat if desired. Return liquid to pot.
21. Add fresh fennel, orange peel and 1 teaspoon fennel seeds.
22. Simmer until fennel is tender and sauce is thick enough to coat a spoon.
23. Rewarm lamb shanks, covered, over medium heat; about 15 minutes.
24. Rewarm squash in a saucepan over low heat, stirring often; about 10 minutes.
25. While the lamb and squash heat, cut out the center stem from the chard leaves, discard.
26. Coarsely tear the leaves.
27. Melt butter in a heavy skillet over high heat.
28. Add chard and toss until it wilts; about 4 minutes.
29. Season with salt and pepper.
30. Divide chard and squash among 4 plates.
31. Arrange the lamb atop the vegetables, spoon sauce with fennel over the top.

Adapted from recipezaar.com

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We've heard alot about grass fed beef, pastured pork, and free range chicken. Whether you're in the grass fed or grain fed camp, there is no doubt that what an animal eats affects the flavor of its meat.

The same holds true with milk and cheese. Whether the milk is from grass fed or grain fed cows (or sheep or goats) goes a long way in determining how the final cheese looks, feels, and tastes. We talked with **Bert Paris** of the **Edelweiss Graziers Co-Op** and **Bruce Workman**, cheesemaker at **Edelweiss Creamery** about the differences between cheese made from grass- and grain-based milk [in this short video](#). We hope you enjoy it.

Until next week,

Bill Lubing
for the Westside Community Market
friends@westsidecommunitymarket.org

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Fall produce from
Sai Vang.
Photo: Bill Lubing

Dear WCM Shopper,

Until we get a killing frost there is an excellent chance to find fresh raspberries at the Westside Community Market. **Sai Vang** from Windsor, (above) says she has plenty of these delicious berries, along with carrots, kale, broccoli, and kohlrabi, among others. Last week we saw some

beautiful raspberries from **Prairie Farm Produce** as well (shown at right).

Reports are that **Flyte Family Farm** from Coloma will have some just harvested, wonderfully fresh sweet corn at this Saturday's market. From spinach to winter squash to raspberries, with so much in between, this is a wonderful time to shop at the WCM.



Our friends from **Wetherby Cranberry Company** of Warrens will make their first visit to the Market this Saturday, bringing a huge load of cranberries. Word is that the crop was very good this year. Cranberries are easy to store, basically throw the bag in the freezer. Used within a year or so they'll keep just fine.

We're always looking for new recipes. If you've got a good one that features cranberries, please pass it along. You can email it to us at friends@westsidecommunitymarket.org or drop it off at the Information Tent.

Jenny and Chuck Anderson of **Artesian Trout Farm**, in Westfield, have been selling at the Dane County Farmers' Market for years. They've been keen to try the Westside Community Market since its inception. This Saturday will be Artesian's trial run at the WCM.

"We mainly sell boneless smoked, ready-to-eat fillets, and fresh boneless fillets," Chuck says. They also sell dressed rainbow trout, which are cleaned with the bones left in them and the head and tail removed.

Towards the end of Chuck's college career, while earning his degree in Fisheries Management, "one of the professors took five of us aside and said to check out fish farming," Chuck recalls. "I really respected the professor and started researching the business. Four years after I graduated I bought my property and we started the farm from scratch. This was 27 years ago and we've been at it ever since."

The term "[artesian](#)" in the farm's name accurately describes its unique character. "We have six earthen ponds, 200 feet long, 40 feet wide and 10 feet deep," Chuck explains. "And we have three, six-inch artesian wells that free flow pure artesian water. We don't pump any water and it's a constant 50 degrees coming out of the ground year 'round. So we have all of that fresh, clean artesian water flowing through our ponds.

The Anderson's food processing facility is inspected by the State of Wisconsin and the Federal Department of Agriculture. Their facility and fish are tested each year for PCBs and mercury and each year they receive a clean bill of health. Jenny says that's because of their access to excellent quality water and the high quality natural feed they use.

According to both Jenny and Chuck, rainbow trout is easy to prepare. "You can pan fry them, grill them, or broil them," says Chuck.

"What I like to do," says Jenny, "is lay down a sheet of foil on the grill, and then coat it with olive oil." Get your grill medium hot and put the trout on the foil, skin side down. "Add your preferred seasonings, maybe fresh herbs from the Market, and grill for four minutes. Turn it over and grill another four minutes." In addition, Jenny usually has a recipe of the week that she hands out.

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Recipes

Pan Fried Trout



Pan Fried Trout.
Photo: Derf

by Dawnab (recipezaar)

Sometimes simple is best. This recipe has received many rave reviews.

Ingredients

2 pounds trout (whole or fillets)
1/2 cup cornmeal
3 tablespoons butter
salt and pepper

Directions

1. Rinse the trout under cold running water.
2. Pat dry.
3. Sprinkle with salt and pepper.
4. Melt the butter in a large heavy skillet on medium-high heat.
5. Coat the trout in corn meal and shake off the excess.
6. When the butter is melted, place the coated trout, flesh side down, in the skillet.
7. Fry 4-5 minutes, then turn and fry 4-5 minutes or until the flesh is golden brown and flaky. (Trout may be seasoned with garlic or onion powder before frying if desired.)
8. Squeeze a lemon over the top).

Adapted from recipezaar.com

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With sweet corn, trout, and cranberries all available at this week's market it sounds like it's time for a late season barbecue. Or perhaps the makings of a wonderful squash soup or corn chowder.

Until next week,

Bill Lubing
for the Westside Community Market
friends@westsidecommunitymarket.org

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Diane and her children from Stella's Bakery
Photo: Bill Lubing

Dear WCM Shopper,

It's hard to believe that we only have four more sessions of the Westside Community Market for the season. What's even more amazing is that despite the lateness of the season there is still so much to choose from.

Something new at the market is the **pulled pork** from **Pecatonica Valley Farm** near Hollandale. This comes completely frozen. Just thaw it and it's ready to eat. A hint of pineapple really gives it a nice level of sweetness without going overboard.

You'll find some wonderful bread to put that pulled pork on at **Stella's Bakery**. **Diane** and **her children** (above) are the smiling faces behind the loafs. We are particularly partial to the olive bread. Then, of course, there's that famous cheese bread.

After the market ends for the season you won't have to give up bakery offered by **Mary White** of **Honey Bee**. Mary is planning a subscription service during the winter, with regular deliveries of her products. For more information, stop by her stall.

Last week **Vang Family Farm** was offering fresh strawberries, raspberries, peppers, and eggplant (shown at right).

Kale and spinach actually do very well with a little frost, as long as the temperature doesn't dip below 18 degrees for longer



than a short time.

Jenny Anderson of **Artesian Trout Farm** said their first day at the market last week was a smashing success. She noted that the crowd at the Westside Community Market was "beyond our expectations."



While she says they were only planning to vend at one market this season, Jenny emailed to say they'll be returning this Saturday. So, if you missed out on their terrific trout last week, make sure to visit Artesian Trout Farm this week.

Did you know that **Cinderella** appears at each and every WCM? Just ask **Brad Moore** from Mazomanie (shown at right) about his **Cinderella honey**. Chances are he'll offer you a free taste. In addition to the Cinderella, Brad offers honey in many other flavors.



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Recipes

Two Cranberry Recipes

Our thanks and a gift certificate will be ready for pickup at the info booth for **WCM shopper Deborah Lawson** who supplied two cranberry recipes for us this week. Deborah writes:

Hello to all at the Westside Market, I am attaching two cranberry recipes that I, and others, enjoy. I freely admit that I did not invent either of them. One is from one of those food pamphlets at the checkout counter at the grocery store and the other is from a 'fall tart class' that I took with my daughter in Washington DC about ten years ago. But both are really easy and we think, awfully good.

Neither recipe needs a stand mixer; just spoons and whisks, so they are easy that way. Both of them (though I only mentioned that for the tart) are especially good with ice cream or slightly sweetened whipped cream. The cranberry upside down cake does not keep well. It is best eaten the day it is made.

Cranberry and Pecan Tart

Ingredients

Serves 8

For the crust:

8 Tablespoons unsalted butter, melted and cooled
1/2 cup sugar
1/4 teaspoon vanilla
1-1/2 cups all-purpose flour

For the filling:

3 large eggs
1/2 cup firmly packed dark brown sugar
1/2 cup light corn syrup
4 tablespoons unsalted butter, melted and cooled
1/2 teaspoon salt
1 teaspoon vanilla
1-1/4 cups fresh cranberries, washed well and coarsely chopped
1 cup chopped pecans
Confectioners' sugar, for garnish

Preheat oven to 350 degrees (325 if using convection)

For the dough:

In a large bowl combine the butter and sugar and stir to blend with a wooden spoon. Add the vanilla, salt, and flour and stir to form a soft cookie-like dough. Do not let it form a ball. Transfer the dough to the center of a 9" or 10" fluted tart pan. Evenly press the pastry into the bottom and sides of pan. The dough should be quite thin. Place tart pan in freezer for 10 minutes.

Remove from freezer and place on a baking sheet in the center of the oven and bake until slightly puffy and set, but not brown, about 8-12 minutes.

For the filling:

In a bowl, whisk together the eggs, brown sugar, corn syrup, butter, salt and vanilla until the mixture is smooth. Stir in the cranberries and pecans. Pour the filling into the shell and bake the tart in the middle of the oven for 25-30 minutes, until filling is not runny and tart is golden. Remove tart to a rack to cool. When completely cool, remove the rim of the pan, transfer to a serving plate and dust with confectioners' sugar just before serving. Delicious with vanilla ice cream or slightly sweetened whipped (**Blue Marble** of course) cream.

Cranberry Upside-Down Cake

Yields one 9-inch round cake; serves 12

1/2 pound (1 cup) very soft unsalted butter; more for the pan
1 cup very firmly packed light brown sugar
1/4 teaspoon ground cinnamon
2 cups cranberries, fresh or frozen (thawed, rinsed and dried) at room temperature
1 cup granulated sugar
1 large egg yolk, at room temperature
2 large eggs, at room temperature
2/3 cups sour cream at room temperature
1 teaspoon vanilla
1/2 teaspoon table salt
7 ounces (1-3/4 cups) cake flour
1 teaspoon baking powder
1/4 teaspoon baking soda

Position a rack in the lower third of the oven and heat the oven to 350 degrees. Lightly butter the bottom and sides of a 9-inch round cake pan with sides at least 2-1/2 inches high.

Put 4 tablespoons of the butter in the buttered pan. Put the pan in the oven until the butter melts, about 5 minutes. Remove the pan from the oven and stir in the brown sugar and cinnamon until well combined. Spread the brown sugar mixture evenly over the bottom of the pan and spread the cranberries evenly over the sugar.

Put the remaining 12 tablespoons butter in a medium bowl. Using a wooden spoon, cream the butter with the granulated sugar and egg yolk until blended, about 20 seconds. Switch to a whisk and stir in the eggs one at a time. Whisk until the batter is smooth and the sugar begins to dissolve, about 30 seconds. Whisk in the sour cream, vanilla, and salt. Sift the cake flour, baking powder, and baking soda directly onto the batter. Using the whisk, combine the ingredients until the mixture is smooth and free of lumps.

Spread the batter evenly over the cranberry mixture in the cake pan. Bake until the center of the cake springs back when gently touched and a skewer inserted in the center comes out with only moist crumbs clinging to it, 50 to 65 minutes. Set the pan on a rack to cool for 5 to 10 minutes (the cranberry syrup in the bottom of the pan will be too thick if you wait longer). Run a knife between the cake and sides of the pan. Invert the cake onto a serving plate and remove the pan; cranberries are now on top. Let cool for at least 15 minutes more before serving. This cake is best served warm and fresh.

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Meet **Zea Seviour Noltnerwyss, Cross Plains, WI**, **Primrose Community Farm's** latest harvest. Zea makes **Cassie and Mike Noltnerwyss'** beautiful produce look dull by comparison. Like many of the Westside Community Market's vendors' kids, Zea will be learning her math by making change within a couple of seasons. Welcome to the world, Zea!

Until next week,

Bill Lubing
for the Westside Community Market
friends@westsidecommunitymarket.org

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Weekly Update

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Peppers from
Natalie's Garden and Greenhouse.
Photo: Bill Lubing

Dear WCM Shopper,

We've been so wrapped up with our own canning and freezing at this time of the year that sometimes it nice to take a break to enjoy the fruits of other folk's labor. **Sarah Costa** was working the **Tomato Mountain** of Brooklyn's stand last week and offered us a sample of their Roasted Tomato Soup with Shallots. This is a delicious, full-bodied tomato soup that has a wonderful flavor with only half the salt of most commercial brands.

Speaking of different, we asked **Cheri Espe** of **Hawks Hill Elk Ranch** from Monticello if they serve elk for their Thanksgiving. After all, one would think since that is their business ...

It turns out her family enjoys an elk tenderloin, which Cheri says it is extremely tender and flavorful. She mentioned that their farm-raised elk has little, if any, of the "gamey" flavor associated with the wild variety.

Elk is a very lean meat, so there is less shrinkage when prepared. She also recommends the burger and roasts and notes that elk meat should be cooked at a lower temperature than beef. Cook it only to medium. If more doneness is desired, let the covered meat "rest" outside of the oven for 10 to 20 minutes as it continues to cook.

Another, some would say "nontraditional" meat that is making its appearance at the Market is rabbit. Offered by **JenEhr Family Farm** near Sun Prairie, these whole dressed and frozen rabbits are pasture-raised, ranging in the three to four pound range.

Farmer Paul Ehrhardt says they're developing a unique system for pasturing the rabbits that allows the critters plenty of fresh, rotating

forage while protecting them from predators, weather, and the tendency to dig out and *wander away*. The pasture-raised rabbit, says Paul, is extremely tender, with a sweet, mild flavor.

You may not be aware of their very nutritious properties, but rabbit is one of the very leanest meats you can eat. An excellent source of selenium and vitamin B12, a three ounce piece of roasted rabbit contains 167 calories, 24.7 grams of protein, and 6.8 grams of fat.

Not to be forgotten at this time of the year, of course, is the traditional turkey. Available from **Jordandal Farms** near Argyle, **Pecatonica Valley Farm** of Hollandale, and **JenEhr**, every one of these farms offers turkey that is far and away superior to the typical commercially raised animals available at most grocery stores. Unlike the huge quantities of birds available within the brick and mortar though, you need to pre-order if you'd like a turkey from one of our WCM farms.

Are there other nontraditional entrees for Thanksgiving available at the WCM? Well, since **Artestian Trout Farm** of Westfield has an abundance of these delectable finned creatures ...

Stella's Bakery of Madison has opened up a storefront at its 2908 Syene Road location. **Diane** reports that along with their breads, pastries, and muffins, the bakery is also serving sandwiches and soups. Stop by their stall at the market and pick up the flier worth a \$2.00 discount on cheese bread at their new storefront.

Finally, let's not forget the sides, and not just for Thanksgiving. **Kristen Kordet** from **Blue Moon Community Farm** of Oregon offers precious fingerling sweet potatoes. Small and tender, she simply sautés them in a pan. We're planning on trying them in a potato salad recipe or perhaps sliced and pan fried with some onions and peppers as a side to our eggs and sausage--make that, eggs and elk.

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Recipes

Slow Cooked Elk Roast

Elk Roast (approximately 4 pounds)
1 medium onion
1 cup brewed coffee
1/4 cup soy sauce
1/8 teaspoon pepper
2 tablespoons vinegar (regular or apple cider)
1/2 cup water
4-6 tablespoons cornstarch

Place a few onion slices in the bottom of the slow cooker. Cut roast in three or four pieces and place on top of onion slices. Top with more onion slices. Combine the coffee, soy sauce and vinegar. Pour this mixture over the roast. Cover and cook on low for 9 to 10 hours, or until meat is tender. Remove the meat from the cooker. Gravy: Pour meat juices into a pan. Stir the cornstarch and water together and stir into the meat juices. Cook over medium heat until thickened.

Elk Meat Balls

Elk Meatballs

2 pounds elk burger
1 cup milk
1/2 cup chopped onion
1 cup crushed corn flakes
1 teaspoon pepper
2 tablespoons vinegar
1 cup ketchup
1/3 cup brown sugar
2 tablespoons chopped onion

Mix elk burger, milk, onion, cornflakes, salt and pepper, form into small balls and place in baking dish. Mix remaining ingredients together heat and pour over meatballs. Bake uncovered, at 350 degrees for 1 hour.

Elk recipes from [Hawks Hill Elk Ranch](#)

Rabbit Stew

Ingredients

1 rabbit, cut into serving size pieces
8 ounces bacon, cut into strips
2 medium-size onions, thinly sliced
1 clove garlic, finely chopped
3 large carrots, peeled and thinly sliced

Marinade

16 fluid ounces dry red wine
3 teaspoons vegetable oil
1 teaspoon salt
6 black peppercorns
2 sprigs parsley
2 cloves garlic, crushed
1 bay leaf
1/2 teaspoon dried thyme

Directions

1. In a large shallow bowl, combine all the marinade ingredients together and stir to mix well.
2. Add rabbit pieces and baste them thoroughly. Cover the dish and leave to marinate over-night or at least 12 hours.
3. Remove the rabbit from the marinade and dry on kitchen paper.
4. Strain the marinade into a jug and reserve. Preheat oven to 350 F.
5. In a flame-proof casserole, fry the bacon strips over moderate heat until they are quite crisp.
6. Set aside. Add the onions, garlic and carrots to the fat in the casserole and cook them 5 - 6 minutes, or until lightly colored red.
7. Add the rabbit pieces and turn frequently to brown them evenly and quickly.
8. Add the reserved marinade to the casserole and bring to the boil.
9. Remove casserole from the heat, add the bacon pieces and place in the oven.
10. Cook for 1 hour or until the thigh of the rabbit is tender when pierced with a fork.

Adapted from www.recipezaar.com

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While we're a little on the "meat heavy" side this issue, don't forget that there are plenty of fresh greens, root vegetables, squash, bakery, and other wonderful locally produced products at this week's WCM. And of course, there's that complementary coffee and free raffle.

Until next week,

Bill Lubing
for the Westside Community Market
friends@westsidecommunitymarket.org

**Last Market of the Season ...
November 7, 2009!**

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Pickles from
Murphy's.
Photo: Bill Lubing

Dear WCM Shopper,

Even as the season starts to cool off there is incredible variety at the WCM, many times from the same vendor. For example, take the **Murphy Farm** of Soldiers Grove. At last week's market they were offering farmstead pickles, baked goods, cheese curds, and fresh cottage cheese. While the cheese products are made off the farm from the Murphy's milk, the pickles and bakery is all made on the farm.

On those days when they aren't selling at a market, **Sally** gets up at 4:00 am to begin her baking. "We built a building on the farm for the bakery," **Tom** explains. "It has a walk-in cooler and everything we need." Sally makes everything herself. Using real butter and eggs, all of her baking is from scratch. The Murphy's baked goods contain nothing artificial and arrive at the Market extremely fresh.

The Murphy's farm consists of 100 acres of pasture and 150 acres of hay.

"We have 20 milk cows and 45 beef cows," says Tom. He notes that the bakery has helped keep his family on the farm.

Tom has more than a little history on the family farm where he was born and raised. "We have a sixth generation farm," he notes with calm pride. "My dad was born and raised there and his dad and his dad." Son **Cory** works on the farm and is the familiar face we see each week at the WCM. The couple's grandchildren round out the generations.

Like so many of the farmers who sell at the WCM, the Murphys are extremely hard working. On Saturdays they usually get home around 4:00 pm. "By the time we get everything unpacked and put away and cleaned up it's time to milk the cows again. So a lot of times it 7:00 or 8:00 pm on Saturday night before we get done." Typically their Saturdays begin at 2:00 am, starting off with the 90 mile trip to Madison. "And it doesn't bother me," says Tom. "I really enjoy it."

Along with their wonderful apples, **Green's Pleasant Springs Orchard** of Stoughton also sells vegetables and other fruits. Last week we bought a jug of their wonderful cider. It's delicious when it's ice cold. **WCM Secretary-Treasurer Barry Orton** says he thinks it's best when it is literally ice. After he buys his cider Barry takes around 2 inches out of the jug to accommodate expansion and then freezes the remainder. We can relate as he rolls his eyes and smacks his lips when describing how wonderful it tastes in the heat of summer, thawed to a half-frozen "slushy" state. Yum!

After watching **Dick** and **Vivian Green** make their cider (future video coming) we can assure you there is nothing in that jug but the best from the apple. Dick carefully mixes the different varieties of apples to achieve what he feels is the optimum apple cider flavor. And that mix is a deeply held secret!

With just two more markets this season, don't forget to pick up your cranberries from **Wetherby Cranberry Company**, from Warrens. Cranberries are so easy to store that it's a no brainer to pick up enough for the year. Simply throw the bag in the freezer and you're done. Unlike so much of what we've put by this year, cranberries are incredibly easy. They will keep for a minimum of a year in the freezer. We've heard many reports of them still being good after three years and more.

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Recipe

Halloween Swamp Dip

Yield: 4 cups

by Alia

This is delicious and easy to make. Great on crackers and with nachos.

Ingredients

1/4 cup butter
1 cup onion, chopped
1 small red bell pepper, chopped
1 tablespoon garlic, finely chopped
2 tablespoons flour
1/2 cup chicken broth
1/2 cup heavy whipping cream
1/2 cup feta (or other goat) cheese
1 teaspoon Italian seasoning
1/4 cup plain yogurt
1 cup spinach leaves, stems removed, cut into thin strips
1/8 teaspoon hot pepper sauce
salt
pepper

Directions

1. Melt butter in 10-inch skillet until sizzling; add onion, red pepper, and garlic.
2. Cook over medium heat, stirring occasionally until onion is softened.
3. Stir in flour; continue cooking 1 minute.
4. Add broth and whipping cream.
5. Continue cooking, stirring with wire whisk until mixture thickens.

6. Stir in cheese, seasoning, yogurt, spinach, and hot pepper sauce until spinach wilts and mixture is heated through.
7. Remove from heat.
8. Season with salt and pepper to taste.
9. Serve warm with crackers, bread slices, or assorted vegetable sticks.

Adapted from www.recipezaar.com

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Mark your calendar for November 8 and plan to attend the [REAP Food Group's Fifth Annual Pie Palooza](#). To be held at the Goodman Community Center, 149 Waubesa St., in Madison, tickets are \$16 in advance and \$18 at the door. You get a choice of two slices of wonderful sweet or savory pie, a farm-fresh salad, and a beverage.

WCM vendors **Jordandal Farms** and **RP's Pasta** will be contributing pies to the event, which will be served alongside those from local eateries Bradbury's, Dardanelles, L'Etoile, Fresco, and the Mermaid Café, among others. Proceeds from the event will help support a variety of REAP Food Group programs.

Wisconsin Public Radio's Lori Skelton will be hosting the Friday, October 30 "[Here on Earth](#)" **Food Friday**. She'll be interviewing *Gourmet Magazine* editor-in-chief and cookbook author **Ruth Reichl** about her new book, [Gourmet Today](#), which focuses on new ingredients from the Farmers' Market and supermarket. Lori hopes, "farmers and cooks will be calling in to share their kitchen stories!"

That complementary coffee available at the Information Tent will warm you up as the days get cooler. But you need to stop by before it's gone. As a special treat for these final two Saturdays the WCM is offering hot chocolate as well as coffee. The hot chocolate will be available after around 8:00 am until it's gone.

The chance to win a WCM gift certificate will certainly come in handy. Don't forget to stop by the WCM Information Table, fill up on coffee or hot chocolate, and fill out a chance to win the raffle. There are just two more markets to do so until next year.

Until next week,

Bill Lubing
for the Westside Community Market
friends@westsidecommunitymarket.org

**Last Market of the Season ...
November 7, 2009!**

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