



The Market Voice

Fall 2010

Our mission is to provide a convenient and socially enriching place where the community can purchase the freshest locally grown produce and farmstead products available directly from farmers and producers who represent traditions and skills that we value as part of our way of life.

Celebrate the Harvest

4th Annual Farmers Feast

September 26, 2010

3:00 to 7:00 p.m.

Dinner at 5:00

Colvill Park

On the Mississippi

Red Wing

**Membership in the RWFMA
includes two dinner tickets.
Children attend free.**

General Membership Meeting

Wednesday, November 17

6:00 p.m.

Red Wing Public Library

Non-members welcome.

**Support your local food
producers.**

**Join the Red Wing Farmers
Market Association**

For information:

www.redwingfarmersmarket.org

For the Love of Winter Squash

by Sarah Blue



Australian Blue

Nutritionally, squash is a great vegetable choice. A one cup serving contains 102-115 calories, is an excellent source for vitamin A and C, and a good source of calcium, iron, vitamin B6, and potassium. Squash is low in fat and sodium and a good source of fiber.

Almost everyone is familiar with the squash we know as the pumpkin. Only a few varieties are suitable for cooking. The large sizes are best for fall decoration. Actually, the pumpkin we buy canned is typically a butternut type squash. It has the distinct deep orange flesh that we associate with pumpkins, but texture of the flesh is thick, nutty, and fine textured.

The squash most familiar to us are acorn, butternut, and buttercup. These are the types we often see at grocery stores and farmers markets. They have easily recognized shapes. Acorn are rather bland in flavor but make a perfect 'boat' for stuffing with a savory mixture of bread and sausage or vegetables and baking in the oven. The buff-colored, long-necked butternut are wonderful in flavor and a real value with thick flesh and a rather small seed cavity. Great to steam or bake and enjoy with butter and honey or salt and pepper, they also lend themselves to any squash recipe. Buttercup, steely blue-green with a light blue 'button' has a floury, texture that lends itself to recipes that include butter or cream. All these belong to the *Cucurbitacea* family as do pumpkins.

(For the Love of...continued on page 6)

The President's View



We are well into our season and things are going pretty well. We had some initial snafus moving the Saturday market to the Depot, but things seem to be getting better each time. Of course there will continue to be new concerns and logistics we will need to figure out as this is an ever changing and evolving thing for all of us. For the most part it has been well received at our new location and we will continue to address concerns by the public as well as vendors to make it be a wonderful experience for all.

I want to thank all of the volunteers who work for nothing more than a thank you every weekend to make it be a success. Your unsung weekly support is appreciated by all. Thank you to all the vendors for understanding our growing pains and giving input to the Board on how we can solve the problems that have arisen.

I hope the weather cooperates for you all the rest of the season, I was about ready to build an ark in the last month. I think I over did the rain dance I performed in the early spring—sorry about that.

Steve Kaufer, President, RWFMA

This summer someone left this letter for the Schurhammer family who sell sweet corn at the market.

To the Schurhammer family:

For about 16 years, I have given assistance to a lady confined to a wheel chair because of the effects of a stroke. She has been a customer of yours for as long as you have been coming to Red Wing. She would normally have me buy her 3 ears of sweet corn at a time. This year, I believe I bought a total of 3 ears – one at a time. She has been declining for the last few weeks. Last Thursday she announced to me that she would like to have one more ear of corn. I bought it from you the next day. I broke it in half and prepared one half for her as I knew she was too weak to hold the full ear in her one good hand. She had a few mouths full and she said she was full and was content. She died early Monday morning at the age of 95. When buying corn for her, she always told me as others had, “Buy it from the red truck.” - Anonymous

Where does it come from, this plant? by Paul Schafer, Master Gardener



So...I'd guess that all of you who read this are growing the following: tomatoes, potatoes, green beans, corn, peppers and squash. So...how many of you know, or care, where these plants originated? If you guessed the Americas, or The New World, for all of them, you're right. Peppers, sweet to hot, potatoes, large and round to small and oblong, and tomatoes, pear to perfectly round in shape, all members of the nightshade family, all originated in their wild state in South America, with Peru as an epicenter. Peru is also quite probably the home of the ancestor of green and other fresh beans. Corn, originally a spindly grass with a few tiny seeds on it, was wild in what is now southern Mexico. And squash comes from Central America.

How do we know this? From plant biologists and ethnobotanists, people who study plant origins. They do this in a myriad of ways, but the simplest indication of where a plant comes from is the existence of large numbers of wild varieties of the plant in a particular region. There are, for example, over a thousand variations on the potato theme in the highlands of Peru and neighboring states. Many native peoples in the region cultivate as many as a hundred varieties of potatoes in their gardens.

So what? Well, corn and potatoes are now among the most important food crops on earth. In many places, just a few cultivars of each are grown to feed millions of animals and people. What are we supposed to avoid if we are careful gardeners and farmers? Monoculture: growing and relying on just one cultivar of some plant, leaving us vulnerable to diseases and weather conditions that might devastate it and leave us hungry, or poor, or both - like the Irish who died, about a million of them, during the great potato famine of the early 19th century. This happened because almost all the Irish were dependent on just one variety of potato as their chief food crop, and when a blight to which it was vulnerable struck the island, people had nothing to eat. [Note: the English landlords also had much to do with the famine...but that's another topic!] So...we are always in need of as many variations on a plant's theme as possible. And in the case of potatoes, those variants are to be found in abundance in high-altitude South America.

Myself, I also think it's part of a gardener's discipline to know something about the history of the things we grow. I am fascinated to know that my potatoes and tomatoes and squash may have been cultivated, grown deliberately with care, by people in the Andes as many as 10,000 years ago. Know what the principle spice of Asia was before the discovery of American peppers? Black pepper! Imagine going to your favorite Thai restaurant only to note that everything was spiced solely with black pepper.

I challenge you to grow your own food, just once. I promise you will have a new appreciation of the growers at the Farmers Market. I just returned from tending my garden (June 17), pulling weeds, hoeing, trying to make sure I wasn't pulling up the very things I had planted. I came home hot, dirty, sweaty, tired; all this from a measly 20' X 30' garden. Everything looked so good in that seed catalog. Some of you have gardened for years, are good at it, and love it. Bless you and more power to you. And for those of you who do it for a living, I can hardly imagine the hours of work you put in and the risks that you take every single year depending on Mother Nature's cooperation. But for the rest of us who wait with eager anticipation for locally grown, fresh fruits, vegetables, and flowers, I think the Farmers Market will do just fine.

— Dianne Aisenbrey, RWFMA member

A Life Among the Flock

by Bruce McBeath, RWFMA member



Veteran sheep shearer Hank Brummer's fascination with shearing started early. As a five year old, his mother had no childcare worries regarding this son - - park Hank on a hay bail and he'd sit right there for hours, watching sheep shearers at work.

Hank's early interest in shearing continued to develop. After college and military service, he attended a sheep shearing training program at the Pipestone, MN vocational school. Under the tutelage of his instructor, a well-respected shearer known as "Charlie," Hank learned the Australian style of shearing that he continues to use today. The shearer positioning himself behind the animal and keeping the animal's forelegs off the ground marks this style. This results in an animal that is more passive and relaxed and easier to maneuver.

Sheep shearers are paid by the head, and in peak form, Hank has put up some impressive number for a days shearing. Working larger herds, he's sheared 217 animals a day, averaging about 100 a day. Herd sizes in our region are generally much smaller, and these kinds of numbers are nowadays quite atypical. Hank figures that working smaller numbers he's capable of shearing a sheep every 2 minutes. Now 61, Hank considers himself an "old timer", and avoids the back strain associated with "competitive shearing."

In the seasonal cycle of shepherding, shearing is associated with lambing and generally occurs from March through May. These are often festive, enjoyable times for sheep owner families who come together to celebrate shearing and the lambing season. Hank takes real delight in his role during these social occasions. During his 25 years in the business Hank has become a fixture in a number of these celebratory rituals, that now move across the generations. Sometimes the usually separate activities of shearing and lambing coalesce, as a ewe might go into labor while being sheared, her newly sheared fleece accompanied by a new lamb or two making it's entrance into the world.

But shearing is not always smooth and festive. Having sheep properly prepared and ready to be sheared is important for the shearer. Sometimes the owners fail to properly ready the sheep, making Hank's work with the shears more difficult. Savvy owners catch on and take the steps necessary for shearing to flow from one animal to the next. Hank claims, "my best customers are the one's who have tried to shear – they know what it takes".

Is this now seasoned sheep man going to be hanging up his shears anytime soon? Yes, the work can be hard on the body, and you have to learn to pace yourself. But there remains the feeling of being an important part of this old and venerable tradition enshrined in these family celebrations at springtime. Even models of aging shearers lay claim to Hank's psyche. He knows of an 87 year old man in Western Minnesota who continues to shear 40 head a day. With his knowledge of sheep, skill as a shearer, and love of the work and the people he serves, Hank can figure there's a good piece of the shearing life still ahead.

—Hank has been the "opening act" of the market for the past two years demonstrating his skills and sharing information about shearing sheep.



Spinners Brenda Dunse and Joanne Pottebaum demonstrate the art of spinning at the Saturday Farmers Market. They spin the wool from sheep and llama into yarn. The female llama and her baby, owned by Joanne, were enjoyed and petted by many children and adults.

(Squash continued from page 1)

The real excitement for me is the interest and availability of the range you'll find in *Cucurbita moschata* and *maxima* species. There are some outstanding cooking varieties and the range of appearance is amazing - blue, orange, pink, buff and green/orange combinations; shapes range from ovals, drums, bananas and crooknecks; and skins that are smooth, deeply furrowed, mottled, or warty. The names alone intrigue; Australian Blue, Pink Banana, Triamble, Jarrahdale, Victor (aka Red Warty Thing), Marina di Chioggia, Galeus d'Eysines, Long Island Cheese, Rouge d'Etampes, Potimarron. Anyone of these would be beautiful as a fall decoration and delicious to eat.



Potimarron

Squash need lots of space. One plant will easily ramble 15 to 20 feet in all directions. Unless you have ¼ acre to devote to squash, you will find it difficult to grow any but the bush types of squash. Planting a field of squash works well as it all becomes one mass of vines, but in your home garden squash will grow over anything in its path. One option is to grow squash on a fence, keeping in mind that the small varieties will work best. If you do have room, consider planting a variety of squash new to you. Of the many I've tried, Triamble, Potimarron, and Marina di Chioggia have become favorites. Next year I plan to try some of the 'naked' seed varieties, Lady Godiva and Styria Hulless are recommended for being nearly hullless and rich in pumpkin seed oil.

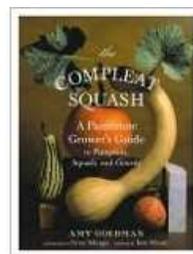
Check out a new squash at the Red Wing Farmers Market or consider a new squash variety when you plan your garden for next year. Seed Saver's

exchange carries a good variety as do many of the smaller seed catalogs. When you buy squash to store ask if it has been cured. Acorn and delicata types have shorter shelf lives and are not cured.

Other winter squash such as butternut, hubbard, buttercup, and banana types will keep for months if they have been allowed to fully ripen and been stored in a warm, dry climate for a few weeks. It helps the rinds harden and any small nicks or cuts to callus over. Then you can store them in a cool (55 degree) place that is not too dry (50-70% humidity). The added bonus of being able to store most squash for months should encourage you to try one of these more unusual varieties when you see them at market. If you do, and you love it, let your market vendor know, with so many varieties to choose from, customer feedback will help them decide what to grow next season.



Lady Godiva



To whet your appetite for squash, Amy Goldman's *The Compleat Squash* from Artisan Books is outstanding. For great squash recipes, I go to *Vegetable Love* by Barbara Kafka, also from Artisan Books.

This article was edited to fit the space. For a copy of the full unedited text go to our website and download a copy of For The Love of Squash.

www.redwingfarmersmarket.org

Lefse - It's not just a recipe

by Dianne Aisenbrey, RWFMA member



Left to right: Kari, Deb and Lisa preparing lefse for the market.

The Sisters Norske know the secret of good lefse. Kari (Blair), Lisa (Haney), and Deb (Moen) get together every Friday to prepare lefse for the Saturday Farmers Market. The griddles are hot, the rolling pins and the flour are flying, and authentic lefse emerges thin and delicate. It is cooked on the griddle, light to dark brown, depending upon one's taste.

The lefse has to be "cured" before it's ready for the Market. This is done by layering it between pads of blankets and tea towels to capture the steam as the lefse slowly cools. However, there is much more to making lefse than mixing together potatoes, flour, butter, cream, a little salt and sugar - the sisters prefer Wisconsin russet potatoes. It takes long experience to "know" what the dough should feel like, and how to handle it from beginning to end.

Deb learned how to make lefse in the 70s from an older neighbor lady, Orpha Slater. Orpha used the tops of her washer and dryer as a table, keeping

two griddles going. Deb remembers that Orpha's hands fairly flew as she turned out hundreds of rounds of lefse every week. Deb also learned techniques from Scandinavian women at her church in Austin.

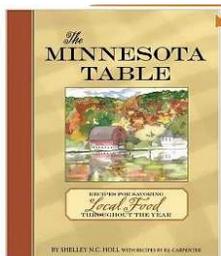
Every Saturday at the Market customers come with a variety of questions and comments. Some have never heard of lefse, and others enjoy recovering memories of their mothers and grandparents making lefse and remembering how good it tasted. Some reminisce about their own ethnic backgrounds and similar breads that were staples of their family meals. Deb urges those who know how to make ethnic breads to teach their children and grandchildren. Now her grandson seems to have what it takes to make fine lefse.

Note: Deb Moen will demonstrate making lefse at the Saturday Market on Sept. 11.

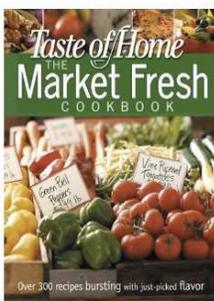
Book Reviews

by Leslie Hakala, Best of Times Book Store

Folks who love locally produced food will absolutely adore "The Minnesota Table" produced by Voyageur Press. Filled with gorgeous artwork of farmers, fields, and fantastic food, the book is an homage to savoring local food throughout the year. Author and illustrator Shelley N.C. Holl spent almost a decade traveling around Minnesota to discover when foods are available, and how the residents love to fix them. With the help of recipe contributor B.J. Carpenter, Holl has assembled a unique and fun collection of recipes that make anyone rush to the kitchen, grab an apron, and start cooking.



Featured in the September section of the book is Wild Rice Dried Cranberry Salad with Clementine Vinaigrette, which looks just as wonderful as it tastes. October's chapter features Minnesota's apples and Lake City's own apple orchard along with stories of raising yak! For a truly Minnesota delight try "Lena's Rutabaga Malt". Absolutely entertaining, useful and beautiful, "The Minnesota Table" is a must for food lovers in our state.



Whether you rely on fresh produce from your farmer's market or grow it yourself, you'll harvest a bounty of compliments whenever you serve these kitchen-tested delicious dishes. Sweet, succulent fresh fruits and vegetables can be used to bring versatility to your cooking, and fresh herbs add a bit of spice. This unique volume of more than 350 kitchen-tested recipes is guaranteed to give you new, fresh ideas for preparing mouth-watering meals with healthy ingredients. Illustrated with more than 225 photographs, you are sure to find just the right recipes to please even the fussiest eaters in your family.

You'll find soups and salads, main and side dishes, and desserts, which are sure to become family favorites that you'll make over and over again. Eat healthy and put real snap into your meals with crisp, tasty, fresh fruits and vegetables and herbs that are naturally high in vitamins and minerals. Each recipe is garnished with a short anecdote—"quotes from the cook"—so using this book is like sharing recipes with a good friend.

Dumplings with Tomatoes and Zucchini

1/4 cup chopped onion
2 tbs. vegetable oil
4 large fresh tomatoes, chopped
1 tbs. minced fresh basil
1 tsp. sugar
1 tsp. salt
1/4 tsp. pepper
2 medium zucchini, peeled and cubed

1. In a large skillet, sauté onion in oil until tender. Add tomatoes, basil sugar, salt and pepper. Simmer, covered for 10 minutes. Add zucchini; cook, covered for 15 minutes or until tender.

2. For dumplings, combine egg and cheese. Drop by tablespoons onto tomato mixture. Simmer, covered for 5 minutes or until dumplings are firm. Yield: 6 servings

Parmesan Dumplings:

1 egg, lightly beaten
1 cup grated Parmesan cheese

The Market Fresh Cookbook

Recipe tested by Dianne Aisenbrey, RWFMA member—easy and delicious.

Chopped Salads by Nancy Nord, WillAndy Farm, Goodhue MN, RWFMA member

The first fresh salad of the spring - Mom would chop up black seeded Simpson lettuce and hard boiled eggs and dress it with mayonnaise, thinned with heavy cream (bought at the farm on the edge of our little South Dakota town) and seasoned with salt, pepper and sugar. It was heaven and a reminder that school would soon be over and summer was near. Almost as good as the first peas shucked and teamed with new potatoes and covered with a white sauce. Dad just couldn't wait and sometimes dug up half the potatoes to get enough! I am impatient, like my father, and do not especially like tearing up lettuce.

While visiting my daughter and family in Finland, I discovered that chopped salads are alive and well in that part of the world. They also are a lot easier to eat, do not require a knife to cut the big pieces, and allow one to get most of the ingredients in one bite. Meat is expensive in Finland so my daughter found ways to get beans into the family's diet. She'd cook up a batch of garbanzos and store in the refrigerator or freezer, handy to add to whatever she was cooking and that included fresh salads.

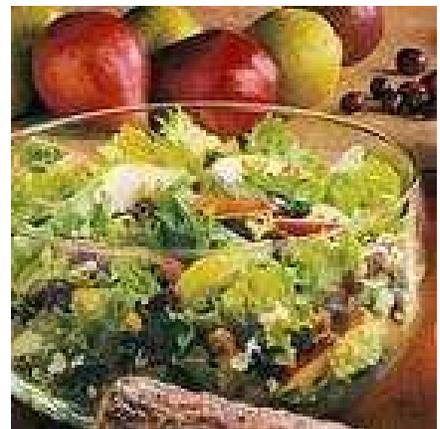
When I make a chopped salad I use any kind of lettuce, romaine being the easiest to chop. I take the whole head, slice it several times the long way and then chop crossways. In the spring I use my lettuce mixes and even the poor, out-of-favor iceberg works well. Chopped lettuce is very good in layered salads which also takes the 'should've used them yesterday' greens. Early beet tops, thinned Swiss chard and spinach work well too. One mixture we like includes chopped lettuce and basil leaves, canned or home cooked garbanzo beans, pitted Kalamata olives chopped coarse, cheese (mozzarella and/or provolone), Roma tomatoes and some pepperoncini pickled peppers, tossed with Italian vinaigrette and served with a French baguette. Because one likes to toss just before serving, marinate your heavier ingredients with the dressing so that they absorb the flavor and add the cheese and lettuce 5 minutes before serving.

I hope you have been planting lettuce every 2 or 3 weeks, and especially now as the cooler fall season approaches, so you can try a chopped salad. Don't be afraid to try different combinations. Add fresh herbs, nuts for crunch, onions for bite and cheese (feta, goat cheese) for texture. Bon appetit!

Nancy's Pear and Cranberry Salad

1 medium cucumber, halved lengthwise, seeded, chopped into ½" pieces and salted in a colander for 15 minutes to make it less watery. (Do this with tomatoes too but do not seed.)

- Whisk together 3 T extra-virgin olive oil and 3 T sherry vinegar
- Combine cucumber, 1 medium red bell pepper cut into pieces, 1 ripe but firm chopped pear (or apple), chopped scallions with some of the green, and ½ cup dried cranberries. Add to vinaigrette and toss. Let sit for 5 minutes and then add 3 cups of chopped lettuce (romaine is best), 4 ounces blue or gorgonzola cheese, crumbled and ½ cup roasted coarsely chopped nuts (pecans, pistachios or walnuts). Season with salt and pepper, toss and serve.



Goats & Ice Cream & Art, Oh My! by Sharon Schroeder, RWFMA member

Where did YOU go in Red Wing this summer for some family fun? High on the top of everyone's list should have been the Saturday Red Wing Farmers Market. While the adults started their morning with a cup of steaming hot coffee, the children chose from a rich variety of activities.

The Burnside Pluckies and Hay Creek Pioneers 4H clubs brought baby goats, chickens, guinea pigs, and rabbits - all of which could be petted and held by the children. An exciting moment occurred when one chicken decided to go off on her own at the Market which led to a hunt by the children.



One particularly hot day in July, the 4H clubs offered a free ice cream making activity (not just for kids.) Visitors were provided with a plastic bag, some basic ingredients, and ice cubes. A bit of vigorous shaking resulted in a refreshing, cool treat on that hot muggy day.



No child grew tired of the Market before their parents had their share of conversation with neighbors and purchased their fresh fruits and veggies for the day, because ArtReach was on hand to provide children with an opportunity to engage in a variety of art projects throughout the summer.



Children flocked around ArtReach intern, Laura Gehlhar for some fun, hands-on art activities. And a few children chose to curl up on a rug with a good book provided by Sarah Swangstu, AMERICORPS volunteer. Books and art activities were coordinated and chosen to reflect elements of gardens and nature like birds, butterflies and insects.



Membership

Vendors

Banks, Lisa—Banks of the Mississippi
Bennetsen, Eske & Audrey—River Road Honey Farm
Blattner, Dana—Dana's Breaad
Blue, Maureen & John—Flower Valley Orchard
Bremer, Chuck & Judy—Bushel and Peck
Brooks, Nancy & Pete—Shady Lane Farm
Bystrom, Dean & Nancy—Bystrom Produce
Capatske, Dave & Krista—Capatske Cattle Co.
Coleman, Melissa—Tie & Dye Bathworks
DeMarce, Dennis—Dennis' Produce
Dondlinger, Lori & John—J & J Produce
Hinck, Delmar & Barb—Hincks Produce
Hagen, Barry—Kettle Korn
Holden, Blaize & Lynnea Lufi—Green Gardens
Johnson, Susan—Hawk's Brain Garlic
Kaufer, Steve—Hartland Prairie Farm
Kolberg, Darlene, Raspberries on Hay Creek
Kong, Yee & Mai Lo—Leng Gardens
Loftus, Eric—EROCBQ
Lorence, David and Susan—Lorence's Berry Farm
Moen, Deb & Barry—Sisters Norske Lefse
Nesbitt-Miller, Leah—Nesbitt's Nursery
Overlander, David & Carol—Overlander Organics
Overlander, Donald & Leanne _ Bottled Emotions
Pass, Scott & Terri—Perennial Outfitters
Passus, Lucie—LC Vegetable Gardens
Peterson, Richard & Marie—Peterson Produce
Schurhammer, Kathleen—Schurhammer Farm
Smith, Charlotte—Char's Bars Soaps
Smith, Joe M.—Thurston Hill Farm
Snow, Jolie & Shelley Wicinske-Snow's Organic Corner
Vang, Bao & Shua Kue—Vang Gardens in Eagen
Yoder, Alma—Alma's Bakery
Ziffer, Dave—Grateful Bread

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Leah Nesbitt-Miller & Nancy Brooks, Members at Large

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