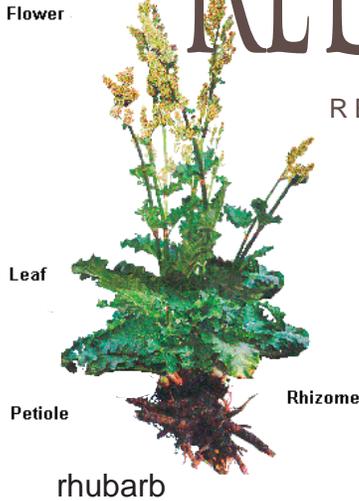


RED WING FARMERS' market

RED WING • MINNESOTA

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.



FOR THE LOVE OF ASPARAGUS

A member of the lily family, asparagus, (*Asparagus officinalis*), comes from the Greek word asparagus, which first appears in English print around 1000 A.D.

The ancient Egyptians cultivated it, and Romans, from Pliny to Julius Caesar to Augustus, prized the wild variety.

"As quick as cooking asparagus" was an old Roman saying meaning something was accomplished rapidly.

The sugar in the plant quickly converts to starch after harvesting, causing a loss in flavor and development of a woody texture.

Select firm, straight, smooth, rich green stalks with tightly-closed tips. Ridges in the stems and a dull green color are an indication of old age. The stalks should not be limp or dry at the cut.

For storage, do not wash asparagus before storing

and never soak it. Trim the ends of fresh asparagus and stand them upright in a jar with about an inch of water in the bottom. Cover with a plastic bag and store spears in the refrigerator for up to two days.



source: AboutHomeCooking.com, May 2007. <http://homecooking.about.com/od/foodhistory/a/asparagushistry.htm>



*Saturday
May 19*

Opening Day

8 AM to 5 PM

Coffee & Rolls

*Master
Gardner*

*Music by
Indigo,
a Dixieland Band
10:00 - 12:00*

FROM THE BOARD

The Red Wing Farmers Market (RWFm) is governed by a Board of Directors made up of six members, Clarence Bischoff, President; Joe M. Smith, Vice President; Dianne Aisenbrey, Secretary; Sarah Blue, Treasurer; Delmar Hincks, Member at Large; Kathleen Shurhammer, Member at Large.

It is vital to our success that we are informed on issues, updates, trends, progress, and news related to our mission. The purpose of this newsletter is to provide a forum for community and membership to communicate, express opinions, share insight, strengthen vendor products, offer resources, promote sustainable agriculture, and of course, grow.

PRESIDENT'S VIEW

By Clarence Bischoff

President, Red Wing Farmers Market Association

Our Association has gone through an extraordinary maturation process since our formal organization at the beginning of the year. Our by-laws, mission statement, mission goals, rules of order have been written and adopted. A Business Plan is in draft form as well as a Strategic Plan. Basic committees, such as, Planning and Membership are forming and are starting to accomplish basic goals. Our Membership Committee is also carrying out the responsibility for publishing our newsletter with this one being our first. Karen Hill, Dianne Aisenbrey, and Marilyn Tkachuk are our newsletter team. We are indeed fortunate to have their skills available to us.

It is essential that we have this means to communicate with one another and with the broader community.



be enjoyable and it will have economic, recreational, health, and social benefits to Red Wing and the surrounding area. It has been personally gratifying that through all of these discussions the Board has maintained high-standards of mutual

Left: Red Wing Farmers Market Association President, Clarence Bischoff is pictured here at home in one of his gardens. Clarence is owner and proprietor of Vasa Gardens.

We have been discussing options for a suitable location for our Farmers' Market. We need a safe space with room for growth, parking, and basic amenities. We have also addressed the issues of our budget and how we might acquire the income needed to achieve the goals that are stated in the Strategic Plan draft being prepared by Lynnea Pfohl. This will not be easy, it will be work, but I think it can

respect and courtesy that I have rarely seen in such a new group.

Space does not allow for even a brief summary of all the encouraging words I have received from everyone. I do believe the creation of a new first-rate Farmers' Market is achievable. Let us not underestimate the importance of relationships and communication within our organization and with those who have compatible goals.



Packaging products together in kits offers customers new ideas on how to use your produce. For example: tomatoes, jalapenos, onions, and cilantro would make a good salsa kit. Maybe include a favorite recipe along with your produce.

CITY SCOPE

By Donna Dummer
Mayor, City of Red Wing

This is an exciting time for Red Wing and the surrounding area. For years, we've had a few parking stalls in front of City Hall for vendors. Then, more vendors began selling produce in the parking lot on Saturday mornings.

Now, with the enthusiasm, fortitude and willingness to become even bigger and better, a Farmers Market Association has been formed. I look forward to seeing where the association will go from here. We have a growing market of farmers and gardeners who are willing to sell their produce to a growing consumer market.

Representing the City of Red Wing, I wholeheartedly support this venture of creating a permanent location for the Farmers' Market and share the dream of expanding this wholesome venture.

WHAT'S IN SEASON

May	June	July	August
asparagus	asparagus	apples	apples
cabbage	beets	basil	basil
kale	broccoli	beans	beets
lettuce	cabbage	beets	green beans
radish	cauliflower	broccoli	corn
rhubarb	chives	cabbage	cucumber
spinach	cucumber	carrot	dill
morel mushrooms	kale	cauliflower	garlic
	lettuce	corn	eggplant
	parsley	cucumber	okra
	peas	dill	onion
	potato	eggplant	parsley
	radish	garlic	peppers
	raspberries	peas	squash, summer
	spinach	rosemary	tomatillo
	strawberries	tomato	tomato
	turnip	thyme	blackberries
	zucchini	sage	blueberries
		zucchini	raspberries
			melons
			pears
			plums
			rosemary
			thyme
			zucchini

**indicates year-round availability.*



FROM THE HERD

[Comments & Insight from RWFM Members]

I decided to limit my article to four reasons to shop at the Farmers' Market. So remember, these are only four of the many important reasons to shop there.

Freshness of produce has to be one of the most important reasons to shop at our local Farmers' Market. We all know that eating fresh and healthy food is essential to our very existence.

There are also economical and environmental issues we need to address. The food on your plate travels an average of over 1500 miles. How can this compare to our local produce that is usually picked the very day you purchase it and travels only several miles. As energy costs keep rising, will we be able to keep eating food that has to travel over 1500 miles?

Purchasing food can be an enjoyable event and not simply a chore to get accomplished. The Farmers' Market is a community event. I have sat on the grass in front of City Hall on Saturday mornings and seen the people talking to friends, neighbors, and producers that raise the food, all the while listening to wonderful local musicians. Now that is making food shopping an event and not a chore.

Finally, the economic benefit for our city. When I walk through our Farmers' Market, I see independent producers as businesses coming to our community. What does this mean to the city of Red Wing? It means economic growth and development for our community.

Freshness of produce, environmental friendliness, having fun shopping for food, and economic growth and development for the community are all reasons for shopping at the Farmers' Market. What are your reasons?

~ Hank Bummer, RWFM Member

IF WE BUILD IT...

THEY WILL COME

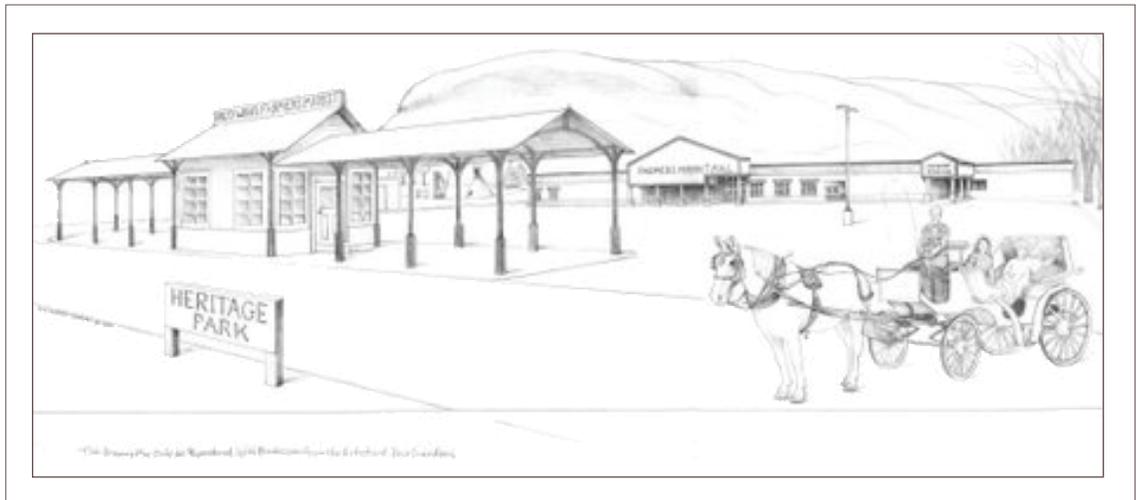
2007 Action Plan for Red Wing Farmer's Market

The Red Wing Farmers' Market Association organized in 2006 to become a market resource for area small farmers, local value-added processors, food vendors, and consumers that brings significant economic, recreational, and health benefits to the Red Wing community. The mission of the organization is to provide a convenient and socially enriching place where the community can purchase the freshest, locally grown produce and related products directly from farmers and producers. On April 9, 2007, the City Council adopted the City's Comprehensive Plan which includes policies and guidelines that are supportive of expanding the downtown farmers market (Chapter 5, Policy #21).

In recent history, Red Wing has had an informal Farmers' Market located in parking stalls in front of City Hall. A city ordinance allows up to 8 parking stalls in front of City Hall to be used daily by vendors with a daily, weekly, or seasonal permit and fee paid to the City. In 2006, this permit system was expanded to allow vendors to also use six parking stalls in the City Hall west parking lot on Saturdays. The City Clerk's office has been given the responsibility of issuing and enforcing these permits regulations. In 2006, the City received \$5,800 in permit fees.

Action Plan

The Red Wing Farmers' Market Association and the City of Red Wing share a common goal to see the farmers' market expanded. This can be accomplished by expanding the Saturday market at the current site and by pursuing planning efforts to consider relocation of the market to another site that would be more conducive to expansion. Below is an outline for steps that could be undertaken to achieve that goal.



"Heritage Park" concept sketch by B.J. Mushet-Norman, Portrait Artist, Welch, Minnesota.

1. Effective June 16, 2007, expand the Saturday Farmers' Market to include 14 parking stalls on the south side of Fourth Street between Plum and Bush Streets and to include the west City Hall parking lot. The other six days of the week, expand the Farmers' Market to include 10 parking stalls on the south side of Fourth Street between Plum and Bush with five seasonal permits.

2. Effective June 16, 2007, enter into an Agreement with the Red Wing Farmers' Market Association to place responsibility for managing the issuance and enforcement of vendor permits to the Association. City to allow Association to collect fees related to managing vendor responsibilities.

3. Revise Section 6.38 of the City Code to allow for the expansion and changes listed in 1 and 2 above.

4. On May 14, approve a payment of \$1,000 to the Red Wing Farmers' Market Association to help with marketing and necessary amenities that are needed. Over \$2,000 has been collected in fees so far in 2007.

5. In the fall of 2007, establish a Farmers' Market Planning Task Force with representation from the City Council, Planning Commission, Port Authority, HRA, Farmers Market Association, Downtown Mainstreet, Red Wing Arts Association, and Citizenry. Task Force could be sponsored by the Mayor or Planning Commission. This Task Force will be charged with evaluating alternative locations; establishing partnerships; researching funding sources; and developing an action plan for expansion.

WHAT COLOR IS YOUR DIET ?

By Marilyn

Everywhere colors are in vogue except on our kitchen tables. Did you know that the top produce items Americans consume are french fries, other potatoes, and iceberg lettuce? Indeed, most Americans eat diets that are basically beige or brown: steak and baked potatoes, burgers and fries, fish and rice.

Not only is a colorful meal attractive, it is the most beneficial to your health. The phytochemicals responsible for color in produce also protect plants from chemical damage. When we eat colorful plants, these same chemicals protect us. James Joseph at Tufts University compared eating fruits and vegetables to "putting on sunscreen for the inside of your body."

There are a number of books which promote adding color to your diet. David Heber's "What Color Is Your Diet" (Regan Books, \$25) provides a chart of "seven colors of health" and groups fruits and vegetables accordingly. A simplified version of this same concept can be found on our webpage at redwingfarmersmarket.com.

Another book, "The Color Code" by James Joseph, et al, can be read on the internet. Just Google the title and primary author name!



Nature provides us with fast food that easy to eat while supplying us with the vitamins, fiber, and water we need. By eating colorful fruits and vegetables, we lower our calorie intake, improve our fitness, and protect our cells with natural ingredients. Using color to guide our cooking actually simplifies the task of developing nutritious meals. And what fun it is to sit down to an attractive, colorful meal on the table!

WHAT MAKES THE RED WING MARKETS SPECIAL?

Sustainable agriculture is practiced by many members of the market.

Spend some time talking to members of the Red Wing Farmers Market and they will share with you their sustainable agriculture methods. These methods conserves and enriches the soil, protects the quality of the water, and encourages a diversity of plant and animal species.

Sustainable agriculture is not a prescribed set of farming practices but only those practices that are right for a given farm or region or crop. Sustainable agriculture maintains agricultural productivity and economic viability. Sustainable agriculture practices may include reducing or eliminating the use of agricultural chemicals.

Low-input agriculture, organic farming, bio-

dynamic farming, regenerative agriculture, and permaculture are examples of farming systems that are practiced by your local market farmers.

Some of them hold advanced degrees in the agricultural sciences. Many were raised on farms, some have been farm managers, and they all continue to maintain farms and gardens.

What's ahead for sustainable agriculture and the Red Wing Farmers Market?

More crop producers are shifting toward more sustainable practices each year, and more beef and dairy producers moving toward pasture-based production.

The number of acres in organic production continues to rise, and sales of organic foods are growing at 20 to 25 percent a year. The Red Wing Farmers Market Members are committed to providing the Red Wing community with fresh wholesome produce.

What is Ecological Agriculture that is practiced by some members?

Ecological agriculture is a sustainable

alternative to some of the strategies which have been used by some governments and agencies during the last 50 years, and which have had a damaging effect on rural society and agricultural ecosystems.

Ecological agriculture entails farmers making decisions and applying practices with the aim of sustaining or enhancing natural regenerative processes and stabilizing interactions within local agro-ecosystems. In practice, this includes:

the management of insect pests by taking account of population dynamics, natural enemies, and plant compensation
the management of soil fertility by taking account of soil structure and composition, nutrient cycling and the action of microorganisms
the management of crop varieties by taking account of genetic diversity, the dynamics of resistance, and local adaptation
the overall management of a cropping pattern by taking account of local landscape, the flow of inputs and outputs on the farm, and the multifunctional nature of agricultural production .

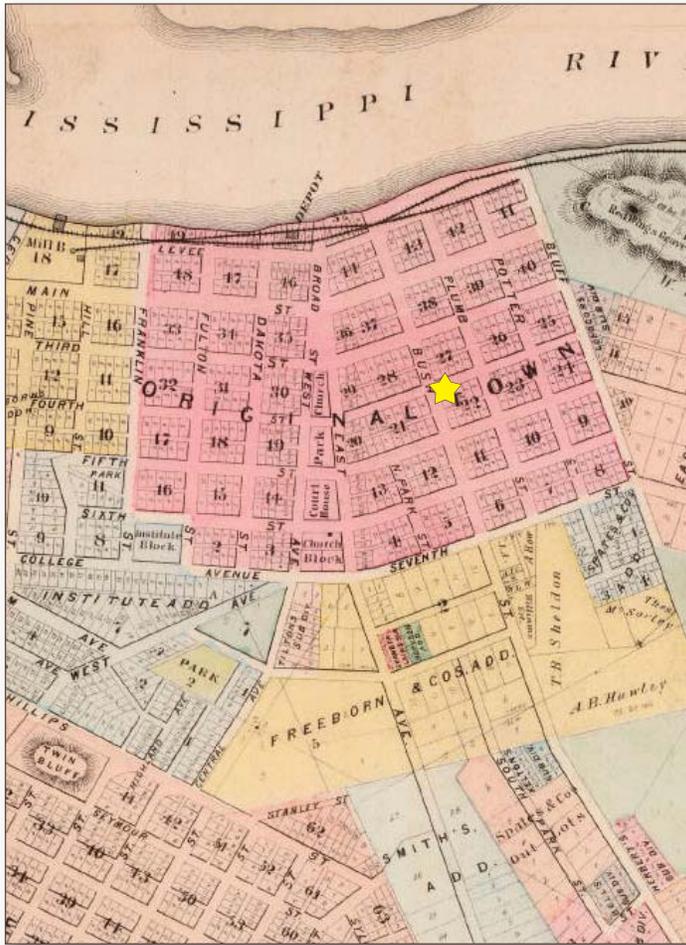
HOW TO BECOME A VENDOR ?

If you are a farmer/grower or producer and are interesting in selling your products at the Red Wing Farmers Market for the regular market season (May through October), please complete our Member Application and mail it to the address on the bottom of that page. (Also see page 4 article for updates.)

LOCATION & HOURS

The Red Wing Farmers Market is currently located on Bush Street, in the heart of downtown Red Wing.

8 AM to 5 PM
Monday thru Sunday
419 Bush Street
Red Wing, MN 55066



Map of Red Wing, Goodhue Co., Minn. ... Drawn by w.P. Campbell. (Published by A.T. Andreas, Lakeside Building, Chicago, 1874. Chas. Shober & Co. Proprietors of Chicago Lith. Co.) Author: Campbell, W. P.; Andreas, A. T. (Alfred Theodore), 1839-1900 Date: 1874

From St. Paul:
U.S. Hwy 52 South to Hampton, Minnesota
MN Hwy 50 East to U.S.Hwy 61 South

From Mpls:
Interstate 94 East to St. Paul
U.S. Hwy 52 South to Hampton, Minnesota
MN Hwy 50 East to U.S. Hwy 61 South

From La Crosse, WI:
Follow Minnesota Great River Road North (U.S. Hwy 61)

From Rochester, MN:
U.S. Hwy 52 North to Zumbrota
MN Hwy 58 North to Red Wing

CURRENT PRODUCERS

Thurston Hill Produce

Fresh Produce - Grown Naturally

Thurston Hill Produce is situated on 200 acres in the rolling hills above Beldenville, Wisconsin. Joe Smith has been naturally growing vegetables and flowers since graduating from the University of Minnesota with a degree in Agriculture Business. In 1986 he took over the family farm and has been a produce and flower grower ever since. Joe has traveled extensively in developing his natural growing philosophy. This included trips to the Netherlands to study tulip growing, Oregon to study organic growing methods and Arizona for experiments in grafting and crossbreeding. Every growing season Joe spends a portion of his efforts in continuing experiments with new varieties and methods.

Flower Valley Orchard

Flower Valley Orchard, Inc. is a family-owned apple orchard. We have been in operation for over 35 years. We sell high-quality apples, specializing in University of Minnesota introductions. Our varieties include: Honeycrisp, Zestar!, Haralson, Honeygold, Wealthy, Chestnut Crab, McIntosh, and Prairie Spy. See us at the Red Wing Farmers Market mid-August through the end of October. We practice Integrated Pest Management to bring the best quality with the least possible pesticide use to our customers.

Contact Sarah Blue 651.380.3022 or email flowervalleyorchard6@yahoo.com

Vasa Gardens

Vasa Gardens is located 3/4 of a mile west of the village of Vasa, MN almost exactly half way between Red Wing and Cannon Falls. Surrounded by a large tract of state forest on two sides, it is an unique 90

acre property (10 acres horticulture) where beautiful hardwood forest meets with bluff country and prairie terrain. The soil is wonderful and we aim to keep it that way. We call our approach to sustainable agriculture Ecological Agriculture or EcoAg.

Our gardens are modeled after the old-fashioned family farm gardens that were common in this area until the late forties. The book, Five Acres and Independence, is an inspiration and embodies many of our values as well as those that our ancestors brought here when they came from Europe in the 1800's. In that sense it is a revival of our heritage.

The products include fruits, vegetables, and flowers as well as value-added products such as jams, jellies, and pickles. There are over 100 items on our product list with strawberries, raspberries, tomatoes, peppers, garlic, cucumbers, squash, green beans, and corn being some of the featured

items.

Come visit us here and join the Vasa Gardens Club U-Pick and Market or see us at the Red Wing Farmers Market on Saturday mornings. Call at 651-258-4233 or email us at cardinal@sleepyeyetel.net

BOARD OF DIRECTORS

President

Clarence Bischoff
651.258.4013 cardinal@sleepyeyetel.net
Ecological Agriculture
Sustainable Farming Naturally!

Vice-President

Joe Smith
715.497.6808 thurstonhilljoe@yahoo.com
Natural Farmer

Secretary

Diane Aisenbrey
651.388.4252 westview@redwing.net

Treasurer

Sarah Blue
651.380.3022 bluewitt@yahoo.com
Apple Grower - MN Hybrid Specialist

MEETING DATES

General Membership

Wednesday - May 23
6:00 p.m.
Foote Room,
Red Wing Public Library

Please check all that apply:

- Vendor - \$40
 Friend - \$40
 Donation

RWFM MEMBER APPLICATION

Please detach and return this form, with your payment to:

Red Wing Farmers Market
PO Box 327
Red Wing MN 55066

Individual or Organization

Address

City State / Zip

()
Home Phone

()
Mobile Phone

Email

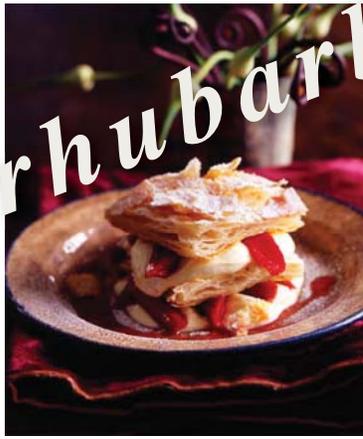
Check Enclosed (Amount) \$

To contact the Farmers Market Association:
Call 651-258-4233 or 651-388-4252
redwingfarmersmarket@yahoo.com

For a complete copy of the Red Wing Farmer's Market Association By Laws, please contact: Clarence Bischoff at 507-258-4233

For information about the Red Wing city ordinance governing vendors, please contact: Red Wing City Hall at 651-388-6734.

www.redwingfarmersmarket.com



MILLEFOGLIE CON CREMA ALLA GRAPPA E RABARBARO

Millefoglie is the Italian version of the French pastry mille-feuille (meaning “thousand leaves”), which is then layered with fruit and cream, napoleon-style. We like Julia brand grappa best for this particular recipe — it’s slightly sweeter and has a more well-rounded flavor than other grappas we’ve tasted.

Active time: 45 min Start to finish:
1 3/4 hr; Serving size: Makes 8
servings.

INGREDIENTS

for custard

- 2 1/4 cups whole milk
- 1/4 teaspoon salt
- 4 large egg yolks
- 2/3 cup sugar
- 2 tablespoons all-purpose flour
- 2 tablespoons cornstarch
- 2 tablespoons unsalted butter, cut into pieces
- 3 tablespoons grappa
- 2/3 cup chilled heavy cream

For rhabarbar

- 1 1/2 lb rhabarbar stalks, cut diagonally into 1 1/4-inch pieces
- 1 cup water
- 1/3 cup sugar
- 2 tablespoons grappa

for pastry

- 1 (17 1/4-oz) package frozen puff pastry sheets, thawed
- Garnish: confectioners sugar

custard

Bring 2 cups milk with salt to a boil in a 3-quart heavy saucepan. Meanwhile, whisk together yolks, sugar, flour, cornstarch, and remaining 1/4 cup milk in a bowl. Add one third of hot milk to yolk mixture in a slow stream, whisking, then add to milk remaining in saucepan, whisking. Bring custard to a boil over moderate

heat, whisking, and boil, whisking, 2 minutes. Remove from heat and stir in butter until melted, then stir in grappa. Transfer custard to a bowl and chill, its surface covered with wax paper, until cold, at least 1 hour.

Cook rhabarbar while custard chills:

Simmer rhabarbar, water, sugar, and grappa in cleaned 3-quart heavy saucepan, uncovered, stirring gently once or twice, until rhabarbar is tender but not falling apart, about 4 minutes. Set pan in a bowl of ice and cold water and let stand 2 minutes to stop cooking.

Slowly pour rhabarbar mixture into a sieve set over a bowl. Return syrup to saucepan, reserving rhabarbar, and boil until reduced to about 1/2 cup, about 10 minutes. Keep rhabarbar and syrup, covered, at room temperature until ready to use.

Prepare pastry while rhabarbar cooks: Preheat oven to 400°F.

Unfold 1 puff pastry sheet and gently roll out into a 14-inch square with a rolling pin on a lightly floured surface. Transfer to a buttered large baking sheet and prick all over with a fork. Repeat with remaining sheet.

Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until pastry is puffed and golden, about 15 minutes

total. Cool on baking sheets on racks.

Trim edges of pastry with a large serrated knife. Cut each sheet into 12 (3-inch) squares and break pastry scraps into small shards.

Assemble millefoglie:

Beat cream (for custard) in a bowl with an electric mixer until it just holds soft peaks. Whisk custard to loosen, then fold in whipped cream gently but thoroughly.

Dollop 2 rounded tablespoons of grappa cream on each of 8 dessert plates and top with half of rhabarbar. Cover cream and rhabarbar on each plate with a pastry square. Make another layer with remaining grappa cream, rhabarbar, and pastry squares, then top with pastry shards. Sift confectioners sugar evenly over each serving and drizzle with syrup.

Cooks' notes

- Custard (without whipped cream) can be made 1 day ahead and chilled, covered.
- Rhabarbar can be prepared 1 day ahead and chilled, covered.
- Pastry can be baked and cut 1 day ahead and kept in an airtight container at room temperature. Recrisp on 2 baking sheets in a 350°F oven about 5 minutes

RED WING FARMERS MARKET

PO BOX 327
RED WING MN 55066

REDWINGFARMERSMARKET.COM