

MAKING A DIFFERENCE *for Iowans*

Clippings



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A Weekly Column from Iowa State University Extension and Outreach

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For Immediate Release

Good things grow at your local farmers' market

Margaret Murphy, Horticulture Educator and Regional Food Coordinator

Recently, I visited the Hawarden Farmers' Market. The market is at the Veterans' Memorial Park every Thursday evening beginning in July. The park is dotted with beautiful, old shade trees that provide a fine setting for the market and a cool relief from warm summer nights.

I was there for a food demonstration and tasting put on by Iowa State University students who are working with extension this summer as part of the Rising Star Internship program. The food they prepared that

evening was delicious. A nice, light salad made from garden-fresh vegetables purchased right at the market.

Whenever I find myself at a farmers' market, I am always struck by the boisterous hum of voices as vendors and shoppers alike are busy having conversations and sharing laughs. This is a common scene at farmers' markets in our area.

Zippy Zucchini Salad

Serving Size: 1/2 cup Serves: 4

Ingredients:

- 1 medium size zucchini (about 8 inches long)
- 1 green onion
- 1 small green pepper
- 1 tomato
- 2 Tablespoons sugar
- 1 Tablespoon vegetable oil
- 1/4 cup vinegar

Instructions:

1. Wash, peel, and chop zucchini.
2. Wash and chop green onion, green pepper, and tomato.
3. Combine all of the vegetables.
4. To make the dressing, combine sugar, oil and vinegar in a jar. Put the lid on and shake well.
5. Pour dressing over vegetables and toss gently.
6. Cover and chill.

Tips:

- This salad can be prepared a day in advance and be stored in the refrigerator.
- If zucchini is fresh and tender, do not peel.
- When chopping green onion, chop all of the onion, including the top.

Find it: Iowa State University Extension and Outreach
Spend Smart Eat Smart recipes.
www.extension.iastate.edu/foodsavings

Farmers' markets give customers a chance to meet the people who grow the food they are taking home to eat. Growers are given the opportunity to talk with customers about how the food is grown or raised. It gives us occasion to consider the producer behind that tasty cucumber or flavorful bag of green beans and how it made its way from soil to shopping bag.

For me, one of the best parts of going to the farmers' market is meeting kindred spirits who are happy to talk gardening and share recipes. If you are ever in doubt about what to do with beets or kohlrabi, or an eggplant or zucchini just ask, vendors at the market are always handy with a favorite recipe or two.

While at the market, consider trying something new. At farmers' markets you can often find your favorite produce but you may find fruits and vegetables that are new to you. A great opportunity to discover a new favorite!

Good things really do grow at your local farmers' markets. They offer fresh, locally grown food and serve as a community hub. Plus, they help support the local economy. Buying local keeps more of your dollars circulating close to home.

Here in northwest Iowa, there are over 25 farmers' markets found throughout the region. To find one near you, visit the Iowa State University Extension and Outreach Flavors of Northwest Iowa website at www.flavorsofnorthwestiowa.org.

If you have not yet had a chance to visit a farmers' market this season, consider heading to one to support National Farmers' Market Week, which is the first week in August. Check with your local market as many host community events to celebrate.

For more about our local food systems, contact:
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