



the ann arbor market

customer news
WINTER '09

Spring has sprung and
we're waiting for Summer

How quickly market changes from winter to **spring**! Each week, I eagerly await the beacons of spring which appear at market. Bright **daffodils**, pea shoots, giant pussy willow boughs, baby beets, and a warm **tamale** for lunch all help me remember that the days are getting longer, and **market** will only get busier



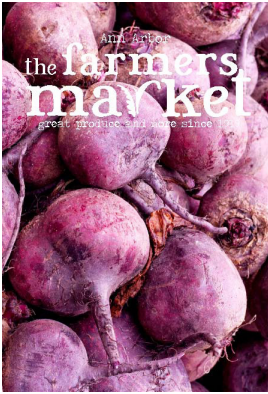
Welcome new market
vendors...welcome!

Please join me in welcoming our two newest vendors to the market. You may recognize **Chris Wright**, who is returning to the market after a hiatus of several years.

A professional mycologist by day, Chris will be bringing mushroom kits, as well as unique varieties of cultivated mushrooms, to sell at market.

John Harnois has been raising free-range heirloom chickens, turkeys, ducks, and geese, for meat and eggs for many years.

He will bring these, along with produce from his garden, to market in the months ahead.



Postcards, get your postcards

We've just received a bounty of amazingly beautiful, full color postcards in the market office. Send one to a friend, keep one on your fridge as a reminder to buy local, or purchase several and frame them—they are just that beautiful! Printed locally, and priced at \$1/each, or 6 for \$5.

Featured Product: Beet

Beets may be available at market throughout the season, but I like them the best in the springtime. They are tiny, sweet, and add a delightful burst of purple to everything. Beets are especially nice because you get two vegetables in one: the more familiar root, and the greens, a close relative of both spinach and chard.

Beets & Greens Pasta (from culinarte.com)

1 bunch beets, with greens

1 onion, diced

3 garlic cloves, peeled and minced

2 TB fresh lemon juice

2 TB chopped herbs (parsley, basil, cilantro or dill)

½ lb angel hair pasta

2-3 TB olive oil

1 pinch of dried red pepper flakes

1 cup vegetable or chicken broth

Zest of 1 lemon

Salt

Freshly grated Parmesan cheese

Peel and dice the beets. Dry and chop the beet greens; set aside. Cook the pasta in boiling water and drain. While the pasta is cooking, coat the bottom of a pan with olive oil. Over medium heat, cook the diced beets, onion, and red pepper flakes, stirring often, until the beets are tender. Add the garlic, stir, and cook for 1 minute, then add the broth and lemon juice. Bring to a simmer and cook until the beets are tender and the broth is reduced to a syrup-like consistency. If necessary, add more broth or water. Add the reserved chopped beet greens, lemon zest, and chopped herbs. Stir and cover. Once the beet greens have wilted, season to taste with salt, then toss the beet mixture with the drained pasta. Serve with grated Parmesan cheese.

If your kitchen is still bursting with fall produce, here are few tips on how to store it:

- Root crops, including beets, carrots, celeriac, turnips, parsnips, kohlrabi, rutabagas and radishes store best in a dark place at near freezing (32 to 45 degrees Fahrenheit) with a high relative humidity (90-95%). Create a humid environment by placing produce in containers, stacked in layers separated with damp (not wet!) packing material such as sand, coir, peat moss, or leaves.
- Prepare beets and carrots for storage by twisting off the foliage about one inch from the top of the root.
- Store potatoes unwashed in a cool, dark place in a paper bag or cardboard box. Potatoes also prefer to be stored near freezing (40-50 degrees Fahrenheit) with high humidity (80-90%). They will shrivel and sprout if stored with onions or apples or if it is too warm. Prolonged exposure to light will cause greening. Partially green potatoes are still edible – just cut off the green spots.
- Leafy crops, such as celery and cabbage may also be stored, although should be separated from other crops. They give off ethylene gas while in storage, which can be detrimental to other vegetables.
- When selecting vegetables for storage, discard any immature, damaged or diseased produce. Allow freshly harvested crops to dry completely and brush off any excess soil. It is not necessary to wash produce before storage.
- When using vegetables from storage, check over your supply regularly and discard any showing signs of rot. If allowed to remain, the rot will spread and damage the rest of your precious supply!
- Where to store? While access to a root cellar would be ideal, most of us have to settle with the coolest place we have available, whether it be the basement or an uninsulated closet or storage space. Just keep in mind that any space where the temperature may drop below freezing (garage) or rise too high (loft or attic) may not be appropriate for storage. Of course, if you were unable to grow or store any root crops this year, you will find plenty to eat at the **Ann Arbor Farmers Market year-round, open every Saturday through the winter months, 8 a.m. to 3 p.m.**

Summer market hours

Warmer and brighter days can mean only one thing: the beginning of the Wednesday market season is drawing near. Market return to normal hours, 7 a.m. to 3 p.m. starting Wednesday, May 5 and Saturdays as usual. Please visit us soon and bring a friend or two or three!

Molly