



the market news

Ann Arbor Farmers Market Newsletter

July 2009

Buy Local this Independence Day!

Celebrate your independence from food and crafts produced in far-off locales this Fourth of July at the Ann Arbor Farmers Market. We will be open our normal hours on Saturday July 4th, from 7 am to 3 pm. Stop by to pick up delicious treats for your holiday celebration, and enjoy live music, kids' activities, and more!

Does the Ann Arbor Farmers Market rank #1 on your list of Farmers Markets? If so, you can vote for us in two national farmers market competitions, currently underway. The "Love Your Farmers Market" contest is sponsored by www.care2.com, and the "America's Favorite Farmers Market" contest is sponsored by www.farmland.org. We'd love your support!

Call for Market Photos!

The Ann Arbor Farmers Market is turning 90 this year, and we're having a very special birthday party on Saturday, August 8. We are looking for pictures of the market throughout its 90 years to display at this celebration. Do you have any old pictures of the market to share? If so, we'd love to borrow them (or make a copy of them) for the day. Let Molly Notarianni, Market Manger, know, mnotarianni@a2gov.org



Yes, Yes you can!

Last Saturday, the lovely Cynthia of motherskitchen.blogspot.com, showed market-goers how to make strawberry jam, using strawberries fresh from the market and the recipe below. The demonstration was so popular that Cynthia will be back with another canning lesson in July. She will demonstrate how to pickle green beans, on Saturday, July 11. Stay tuned to www.a2gov.org/market, for more details.

Natural Strawberry Jam

(taken, with edits, from motherskitchen.blogspot.com)

Ingredients

5 tart apples, stems and blossom ends removed and chopped coarsely, cores intact
1 lemons or limes, unpeeled and chopped fine
8 cups halved and hulled strawberries
5 1/2 cups sugar

1. Boil apples and citrus in enough water to prevent sticking for 20 minutes until soft. Force through a fine sieve with the back of a spoon to make 2 cups puree, or use a food mill if you have one. If you don't have a food mill, a sieve and a spoon work just as well.

2. Now it's time to add:

8 cups halved and hulled strawberries
5 1/2 cups sugar

to the strained apple/citrus puree in a deep pot. Bring it to a boil and stir frequently over medium heat. Boil for 20 minutes until mixture thickens and mounds up in a spoon.

3. To see if your jam is ready, try the "wrinkle test." Place a spoonful of the jam on a saucer in the freezer for a 5 minutes to cool. Run a finger through the jam: if the surface wrinkles, it's ready. If not, it needs to boil some more.

4. Ladle the hot jam into hot jars; leaving 1/4 inch headspace. (that's fancy canning talk for filling the jar 1/4 inch from the top). Wipe off the rim, place a lid on the jar and screw a band on it to finger tight. No need to torque it with all your might. Process in a boiling water canner for

10 minutes. (more fancy canning talk - this means to boil the jars in a rack or set upon some canning rings in a pot with the water 1 inch deeper than the top of the jars)

5. Shut off heat on canner and remove lid, and let the jars sit 5 minutes in the water before you take them out. This neat trick prevents the jars from spewing juice out of the lids before they seal like they sometimes do. Remove the jars and let them cool. Make sure the top is sealed by checking to see if you can press down on the top of it. If you can, store that jar in the fridge and not in the pantry.

