



## Summer Saturdays at the Depot

### Grand Opening

June 4, 8 am to 2 pm  
Sheep Shearing demonstration

### Music Every Saturday

10 am to noon  
Local musicians generously share their talent playing a variety of music from folk to country to Dixieland jazz.

### Traditional Crafts

We want to restore interest in the skills of creating beautiful crafts. Learn about spinning wool, weaving, braiding rugs, woodcarving, soapmaking, cooking lefse, and a few surprises.

### Children at the Market

Our children are the future farmers, gardeners, and consumers of locally grown food. We want to show them that healthy eating and growing your own food can be fun.

### Master Gardeners

1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month.  
No question too hard. If they don't know, they'll find out.

**Week Day Market at City Hall** on 4th Street, Sunday through Friday, 8 am to 2 pm

*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 Something Different!

by Sarah Blue

So, you've got your carrots – nice and orange. Or maybe they're white or yellow or red or purple – for goodness sakes! Aren't they SUPPOSED to be orange? No matter the color, they are delicious and one of the very best sources of vitamin A. Worth noting – carrots are more nutritious cooked than raw. What's the color of an eggplant? That's easy – purple!



Maybe not. How about orange, lavender, green, or pure white? It's true!

Vegetables are no longer willing to conform to our preconceived notions of what they should look like! It's revolutionary! Actually, it's just more choices that have always been there. We've gotten used to seeing only orange carrots or purple eggplant because the super market needed the space for the umpteen flavors of Triskets or Cheetos that are so important to our modern life. The explosion of interest in heirloom tomatoes has turned us on to the myriad varieties to be found in our favorite fruits and vegetables.

At your local farmers market, you are much more likely to see unusual vegetables. Growers plant plenty of the tried and true varieties, because that's the bulk of their sales. However, the folks that bring that great, fresh produce to town are passionate about growing fruits and vegetables and equally interested in the great diversity of vegetables.

(continued on page 6)

# The President's View

As most would expect from a farmers market letter, it's all about the weather. It seems we are experiencing a little bit (or in some cases a lot) of everything this year. First the heavy snows, then the flooding, drenching rains and cooler/hotter than normal weather on any given day. Even if the weather was perfect, it still wouldn't be perfect for all the crops.



That in fact reminds me of our membership and patrons. We as an organization try our best to satisfy as many vendors and customers as we can but it's impossible to please everyone. There are so many issues to deal with behind the scene. Our board has graciously put in somewhere around 100 hours so far this year to solve the barriers that have presented themselves and plan for the upcoming season. But we push ahead so we can offer the community and vendors a better market.

This year we will again be at the Depot on Saturdays, and the remainder of the week, Sunday through Friday, at the front of City Hall on 4<sup>th</sup> & Bush. In addition, starting July 5<sup>th</sup> and every Tuesday thereafter, vendors will be located at the Fairview Hospital entrance. On Thursdays, beginning July 7<sup>th</sup> vendors will locate at the Sargent's Nursery.

We hope this will broaden the scope of availability of farm fresh local foods to more people in the area as well as to visitors. So—come on down to the market(s) whether you just need some fresh local produce or to enjoy the fellowship and festivities on Saturday at the Depot.

President John Anderes

## A NOTE FROM SARGENT'S NURSERY.....

It was a pleasure working with the Farmers Market this past winter. This was a great cooperative venture and really fit perfectly with one of our core values here at Sargent's...building a sense of community. It is cooperative efforts like this that really make Red Wing a special place and a "community" in the truest sense of the word. We were happy to provide the space and allow the Market to extend their selling season. It not only gave citizens a chance to shop the Market but also to see what we at Sargent's had to offer. The exposure for our business was a very positive thing and we are looking forward to extending our relationship with the Farmers Market in the season(s) to come. I hope you will consider us for future "satellite" locations or any other partnership that you can think might be mutually beneficial.



Thanks, Dave Lewis, Sargent's Nursery

# Essential Garden Tools

by Paul Schaefer, RWFMA

My wife Trudi and I have been gardening at Windbeam Farm for 35 years. We began as novices and are now just a little smarter. Part of being smarter has been learning which tools we need, and which we do not. The tool each of us uses the most, and cherishes, is a Japanese Weeder Knife. Mine came from pricey Smith and Hawken many years ago but now they are readily available - cheap. Get it with a scabbard, and wear it on your belt at all times.

Next you should have a basic set of carpenter tools with which to build your raised beds. The latter are also tools, and the essence of good gardening both for practical and aesthetic reasons. Practical includes enhanced weed control, earlier soil warmth, better drainage, and real borders for your plantings. Aesthetic includes not just the beds which we make out of local hardwoods into a variety of interesting shapes and sizes...but the paths between the beds, which should be well-mulched and wide enough for a wheelbarrow.

At the other end of the tool spectrum from the weeder knife is a mini-tiller. For years we did our tilling with a 5hp front-end tiller, shaking our bones loose with every pass. A very useful tool in its time, but one we now scarcely use as it's too large and unwieldy for our raised beds. Buy a new mini, by the way, unless you get it from someone you trust, or are a good mechanic, as the ways in which a small two-stroke motor can confound you are infinite. If the cost of a tiller defeats you, or you have just a very small garden, a 5-tine long-handled fork is a must. Use it to turn beds, to turn compost, to spread mulch, to loosen weeds. Although it's sold as an ag tool, it's greatly superior to a traditional back-breaking garden fork and just as strong.

Among a great variety of hoes...*what on earth are some of them for?*...we much prefer a long-handled, very small triangular shape. Our best garden rake, however, is wide and heavy for that first skim of the bed's surface, followed by the use of a smaller, lighter rake...sometimes [some *tines?*] even a good spring rake will do.

Shovels we have plenty of...spades and flat both. One of each is all you need. A wheelbarrow or several are a must. Never buy the very large kind with two wheels as they are useless! And then your Bucket Boss...the multi-pocket tool pouch that fits in a 5-gallon bucket... indispensable. Each of ours has: a Felco shears...essential; wire cutter and wire; hammer, for stakes; utility knife and blades; trowel...seldom used; stick wound with good-quality mason's string; tape measure; magic markers; pens and small pad of paper.

Gloves, too. Cheap leather ones for Paul...finer ones, including some elegant rose gloves for Trudi. Trudi has a foam kneeler...but her knees are permanently dark from years in the dirt anyway. Nothing really fancy nor expensive here but for the tiller.

Speaking of which...I have to confess that given the scale at which we garden and landscape, and the many chores that come with owning a small farm...I have a small [30hp] diesel tractor, a plow, disc, and drag and have recently added a rear-tine tiller. Splendid but expensive tools unless you have, as they say, "acreage!" If not, raise your beds, get your weeder knife, and count your blessings!



Paul and Trudi on their 45th wedding anniversary

## Dietary Necessity Plus a Love for Cooking =’s



For many of us, the smell of fresh baked bread conjures up comforting associations of warmth and nurturance. But for those suffering gluten intolerance, ingesting bread can bring about gastrointestinal distress and a throbbing headache. This painful reality can accompany just a bite from foods processed from wheat, barley or rye (like almost all breads). There is little comfort in what feels for them more akin to “eating the bitter bread of banishment” famously proclaimed in Shakespeare’s Richard II.

But in Don and Leanne Overlander’s pleasant modern kitchen, the inspiration for an important culinary antidote is at work. Armed with a

background in biology and immunology, this couple methodically weighs, measures, and stirs into creation breads that are nutritious and gluten free, available to be eaten by both their family and all of the interested rest of us.

The Overlander’s gluten free bread operation, operating as “Bottled Emotions LLC, B.E. Gluten Free,” began a few years ago, arising from Leanne’s personal struggle with her own gluten and MSG sensitivity. After working to rid her diet of gluten, Leanne noticed a remarkable absence of sinus infections, migraine headaches, and colds. From her personal exploration into the gluten free world, she and husband Don developed their first

# Overlander's Gluten Free Bread

by Bruce McBeath, RWFMA

product – a gluten free almond bread that “doesn’t crumble” as other gluten free commercial products did, and which in taste and texture surpassed anything they could find in the stores.

For gluten allergy sufferers, and especially those seriously impacted by the genetic condition called “Celiac disease”, even trace amounts of gluten can set off intense allergic reactivity. Available gluten free choices have been tasteless and few. But Leanne felt so good physically, and so richly enjoyed the bread they had created, she decided “there is nothing out there like this...I just can’t keep this all to myself”. She and Don continued to experiment with gluten free recipes until they developed a wider assortment of breads, including options without nuts, which can also be problematic for some people with gluten allergies.

However, one need not be plagued by gluten allergies to benefit from sampling Overlander’s breads. Don notes other advantages: with gluten free bread, other foods served with bread also taste better, because gluten doesn’t hide the flavors of the breads.

Careful and creative experimentation is the name of the game in the Overlander kitchen. Don and Leanne judiciously weigh and measure every ingredient to insure a final product that meets their exacting standards for flavor and taste. Concern for accurate measurement is also matched with careful attention to sanitation, in part to assiduously avoid any trace of any gluten substance making contact with their products.

The Overlander’s four children, Caleb, Isaac, Ashleigh and Londyn appear to have endorsed what has become the family ethos around healthy eating, gluten free. Although teenagers can be notorious junk food freaks, the Overlander kids claim that gluten free products made from their home actually tastes better than what they can find outside the house.

To prepare for a Red Wing Farmers Saturday market, Don and Leanne begin the process of preparing bread on Thursday, and working throughout Friday on the fresh loaves that come out of the oven late Friday evening just before market day. This self-described “labor of love” of bread making may work its way to a much larger scale operation, as the Overlander’s follow their dream of marketing their product into the larger Upper Midwest area. Their many satisfied customers, some even tearfully describing the positive change nutritious gluten free products have offered them, serve to reinforce Don and Leanne’s conviction that “people should be able to have better.”



For more information:

E-mail: [admin@be-gluten-free.com](mailto:admin@be-gluten-free.com)

[www.be-gluten-free.com](http://www.be-gluten-free.com)

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**Find a weekly schedule on the RWFMA website**

**[www.redwingfarmersmarket.org](http://www.redwingfarmersmarket.org)**

(For the Love continued from page 1)

Take a closer look at the offerings and you might find something a little different. If you see a vegetable unfamiliar to you, ask the vendor for suggestions to prepare it. Armed with the name of something new, a quick search on the internet will likely give you many options for preparing a new-to-you vegetable.



*Garrafal Oro green beans*

This spring and summer at the Red Wing Farmers Market you may find watercress, Savoy spinach, arugula, Garrafal Oro green beans, Jade green beans, Japanese eggplant, crinkly or Savoy cabbage, garlic chives and more. There's a whole world of Asian greens to explore and I encourage you to try some – fresh greens are so welcome and so healthy for us after this long, cold winter. There are many choices and many names for greens, I find it easiest to have a general understanding of what I want to make and ask the vendor for recommendations.



There are Bok Choy or Pak Choy types. Those are the broad spoon shaped leaves with a very thick white rib. Mild tasting, they are wonderful in a stir fry instead of celery. Oriental mustard has a spicy taste, easily prepared by stir-frying or steaming. Complement the spiciness with a simple sweet and sour sauce. Chinese kale

is bluish green, like a very leafy broccoli. It's great with garlic and oyster sauce, first quickly boiled then stir-fried to make the popular Chinese dish Chinese Style Gai-Lan. All these greens are high in vitamin A and C and also good sources of iron, calcium and fiber.



*Here's something unusual – yet it should be known to everyone in this soybean/corn crop rotation farming area.*

Soybeans have long been enjoyed as edamame – edible soybeans. Simply boiled in the pod in salted water for a few minutes, they make a great salty snack alternative. As satisfying as a potato chip, they are a good source of fiber, iron, calcium, protein and vitamin C. Check at the farmers market to see if anyone is growing the more flavorful varieties like Green Legend or Beer Friend.



*Some of the many varieties of eggplant.*

# Becky's Little Gardener

by Becky Alsop



One of my favorite moments a few summers ago only lasted a split second, though it took several weeks to get there. My three year old son stepped outside the patio door, rounded the corner, and picked off a fresh sugar snap pea from the vine and gobbled it up and continued to eat one after another until there were no more he could reach. That was just the beginning. He gobbled up every cherry tomato he could get his hands on. Last summer, our strawberries finally produced a few good savory specimens, and he happily gobbled up each and every sun warmed strawberry. That also meant he happily weeded and watered too.

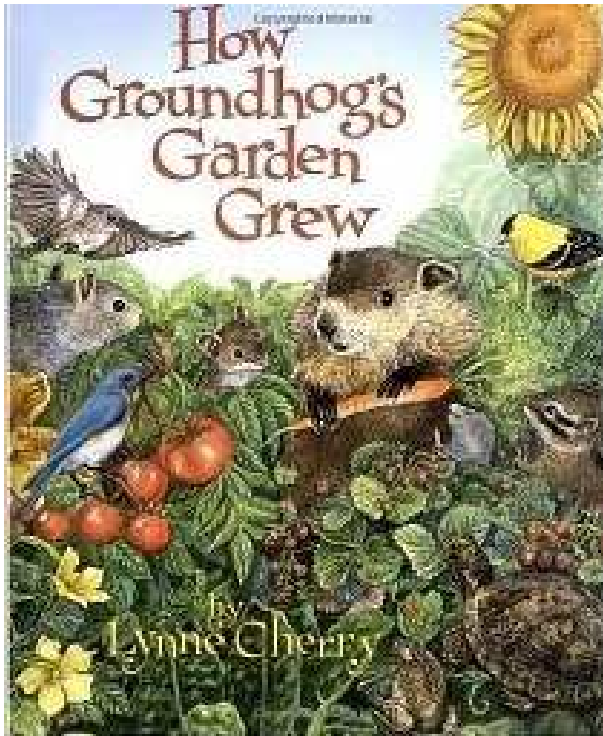
How did we get to this point? I included my son in every step of the planting as he could handle it. I've learned from his preschool teachers, "It's more about the process than the product," which reminds me to make the experience what counts. I knew he

would be game for a season of growing as he devoured lots of fun books about gardening. Some of his favorite gardening books are *The Berenstain Bears Grow It*, *Strawberry Shortcake's Berry Best Gardening Book*, and *How Groundhog's Garden Grew*. Together we talked about what he wanted to grow; I narrowed the choices for him and had already mentally set aside some space for his "garden." I knew that we would need to have success the first year, so I picked just a small space, planted extra seeds, and chose a few plants that I were certain would be tasty and would provide some success: tomatoes, carrots, snap peas, strawberries.

Finally, it was time to take it outside and get our hands dirty mixing up the soil to start the seeds indoors. We mixed up the soil, scooped it into containers, and planted the seeds. (continued on page 8)

# Bugs, Butterflies and Books!

by Becky Alsop



One of the favorite activities in our home is reading! Come March or even February I'm ready to empty the living room reading basket of the Christmas and winter books and fill it with some spring picks. We load it with books about bugs, butterflies, flowers, and gardens.

One of our favorite spring picks is *How Groundhog's Garden Grew* by Lynne Cherry. It's a sweet, large-size picture book about a little groundhog, who eats everyone else's vegetables until gentle squirrel teaches him how to grow his own garden.

The book is well written in so many ways. Squirrel is a caring character who gently teaches her friend how to garden. Just like your local gardening community where everyone pitches in to share their gardening experience, so do Squirrel's friends all share their knowledge to teach Groundhog about gardening.

At the end of the harvest season they all share the bounty! It's a well crafted and subtle book about the work of gardening but how there's a strong gardening community and it's wonderful to grow and eat your own food. In addition, the illustrations are large and beautiful. And many of the illustrations are framed with seeds, garden insects, or other garden images. There are many layers to this wonderful introduction to gardening picture book.

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(Becky's Little Gardener continued from page 7)

When he left most of the planting to me and toddled off to play that was fine; he got his hands dirty and left while he was still enjoying it. At two and three years old I just wanted him to have more fun than to make it work. Even as he's older now, I let him set the pace with a lot of encouragement. I know lots of people who have older children who garden with them and make it part of a quality time together as much as about future food stores.

Throughout the summer he watered and weeded next to me as long as his attention would allow. His garden was a small area, and I kept plenty of other activities available for when his interest waned, so I could finish the gardening chores. And so went our first year gardening together. Not everything grew, in fact a lot didn't but some did, enough to get a taste and make a positive experience.

Taking it inside the kitchen was the fantastic final step. Letting him wash and cut up the vegetables and add them to his meals sealed the deal. He's a wonderful vegetable eater, but even if he didn't eat a single one he knows where vegetables come from, and he has had a really great experience growing them, and we enjoyed that time together. I call that gardening success!

# At The Spring Table

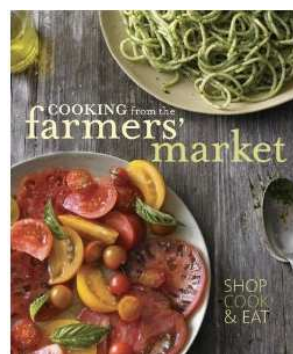
by Dianne Aisenbrey, RWFMA

This is just the cookbook to get you excited about shopping the Farmers Market. It's filled with ideas and tips for the novice shopper as well as the veteran Market loyalist. *Cooking from the farmers' market*, prepared and published by Williams-Sonoma, is a thing of beauty, besides being an excellent source of information about what to find at the Market in each season from early Spring to late Fall. The photos alone will leave you salivating. Each vegetable and fruit is described along with suggestions for their use, and accompanied by three recipes.

Some of the early birds at the market are snow peas, asparagus, salad greens, and rhubarb. One of our local farmers told me that one of the first springtime meals of the old time farmers was creamed peas served over new potatoes and a lettuce or spinach salad. Here are a couple of recipes from the cookbook:

## Asparagus Omelet with Chives and Garlic

1/2 lb. thin asparagus spears, tough ends removed  
4 Tbs. olive oil  
2 shallots, finely chopped  
8 fresh chives, snipped  
2 cloves garlic, minced  
5 large eggs  
Salt and freshly ground pepper



Preheat oven to 325 degrees F. Cut asparagus into 1" pieces. Bring a saucepan of salted water to a boil. Add the asparagus, and parboil for 3 minutes. Drain, rinse with cold water, drain again, pat dry. In medium frying pan over low heat, warm 2 Tbsp of olive oil. Add the shallots and sauté until softened - about 8 minutes. Add the chives, garlic and asparagus and sauté until the asparagus is tender, about 2 minutes. Remove from the heat. In a bowl, whisk the eggs until blended. Add the asparagus mixture and season with salt and pepper. In an 8" oven-proof nonstick frying pan, warm the remaining 2 Tbsp olive oil over medium high heat. Add the egg mixture and reduce the heat to medium. Cook until the eggs are set around the edges, 5-7 minutes. Transfer to the oven and cook until set 7-9 minutes. Let cool briefly. Invert the omelet onto a large plate. Cut into wedges and serve right away.

## Shaved Rhubarb Salad with Almonds and Cheese

1 Tbsp fresh orange juice  
Grated zest of one orange  
Salt and freshly ground pepper  
1 stalk rhubarb  
1/3 cup slivered almonds, toasted

1 Tbsp white wine vinegar  
Pinch of sugar  
1/2 cup extra-virgin olive oil  
6 cups mixed baby spring lettuces  
4 oz. fresh goat cheese

In a small bowl, stir together the orange juice, vinegar, orange zest, sugar and a pinch each of salt and pepper. Whisking constantly, slowly add the olive oil to make vinaigrette until well combined. Using a mandoline or very sharp knife, shave the rhubarb into paper-thin slices. Place in a bowl with lettuces and almonds. Add half the vinaigrette, or more if needed, and toss to combine to lightly coat the lettuces. Crumble the goat cheese over the top and serve right away.

## MARK YOUR CALENDARS FOR FARMERS MARKET FUN!



### 4<sup>th</sup> Annual Farmers Feast

For the members of the  
Red Wing Farmers Market Assoc.

Family fun and great food!

Sunday, September 11

At Windbeam Farm—Wisconsin

October 15 at the  
Saturday Farmers Market

You're invited  
to enter your pumpkin.

You may be the winner of  
**The People's Choice Award**

Watch for more information on our web-  
site about registering your intention to  
participate.



Brummer's entry 2010

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### Reaching Out With Satellite Markets

Beginning in July, Satellite Markets will operate one day during the week with three or four vendors at each location. Fairview Hospital has requested participation by the Farmers Market to serve their staff and visitors to the hospital. Sargent's Nursery will be the second location.

Fairview Hospital—beginning July 5, every Tuesday – 10 am to mid pm

Sargent's Nursery—beginning July 7, every Thursday – 10 am to mid pm

# Membership

Aisenbrey, McBeath	Dianne & Bruce	McDonald	Kathleen
Anderes	John	Moen	Deb & Barry
Austin, Dupre	Diedre & Mark	Murphy	Dawn
Balser	Sarah	Nesbitt-Miller	Leah
Banks	Lisa	Nord	Donald & Nancy
Bennetsen	Eske	Olson	Amy & Ryan
Blattner	Dana	Otterness	Anita
Blue	Maureen & John	Overlander	Donald & Leanne
Bremer	Chuck	Overlander	David & Carol
Brooks	Nancy & Pete	Pass	Scott & Theresa
Brown	Anna	Passus	Lucie
Brummer, Ekstrand	Hank & Barb	Petersen	Richard & Marie
Chalmers	Karen & Richard	Peterson	Brian & Joyce
Dean	Michel & Jeanne	Raich	Ruth
DeMarce	Dennis	Red Wing	Downtown Mainstreet
Denzer	Elaine	Savage	Gladys
Dondlinger	Lori	Schaefer	Paul & Trudi
Eppen	Bob	Schroeder	Sharon
Goulette	Patty	Schurhammer	Kathleen
Hagen	Barry & Jill	Singer	Sarah
Hinck	Delmar & Barb	Smith	Joe M
Holden, Lufi	Blaize & Lynnea	Smith	Char
Howe	John	Snow, Wicinske	Jolie, Shelley
Johnson	Susan	Tieskoetter	Pat
Kaufer	Steve & Cheryl	Vang, Kue	Bao & Shua
Kolberg	Darlene	Wilder	Evangeline
Kong	Yee & Mai	Yockey	Terry
Leveille	Sherry	Ziffer	Dave
Lind	Avis		
Loftus	Eric		
Lorence	David		

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Visit our website [www.redwingfarmersmarket.org](http://www.redwingfarmersmarket.org)  
 for vendor information.

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