



# Richfield Farmers' Market Messenger

May 2007 edition

## Market filled with Fun & Great Food

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The Richfield Farmers' Market keeps a 17-year tradition going with a season filled with great Minnesota Grown produce and fun filled events. The market is open from 7 a.m. to noon on every Saturday from May 5 to October 27.

Join us for upcoming cooking demonstrations. Learn different ways to prepare our market produce. Local businesses will share some of their favorite recipes. Please watch for details.

Master gardeners from the University of Minnesota

Extension Service will return to the market for a second year. These horticultural experts can answer questions you may have about gardening, landscaping, pest control, composting and much more.

The Farmers' Market Messenger has a new look this year. To better serve Hispanic readers, the newsletter will have a Spanish translated version.

If you have newsletter ideas or would like to contribute, please send an e-mail to [lowens@cityofrichfield.org](mailto:lowens@cityofrichfield.org).

This year promises to be the best year yet for the Richfield Farmers' Market. Come join in the fun, and make the market part of your weekend routine all season long.



*Beautiful bouquets of Minnesota Grown, fresh-cut flowers wait for your purchase throughout the season.*

### In this issue:

- Learn how planting zones have changed for the Twin Cities
- More great things coming from the market
- Check out recipes featuring spring produce
- Welcome from staff
- Inspirations of May

## Welcome Old and New Friends of the Market

It is great to see you at the market this year.

The May 5 opening of the Richfield Farmers' Market comes as a welcome sign of spring. Our vendors are here to bring you an early

variety of produce, bakery goods, bedding plants and hanging baskets.

Please visit us again to enjoy the ever-growing selection of fresh fruits, vegetables and other Minnesota grown

products. See why the Richfield Farmers' Market is the "Best of the Burbs!"

The vendors and staff of the Richfield Farmers' Market welcome you and look forward to serving you.

## Gepp Gardens Grows Spring Plants



*Beta and Valiant grapes grow well in Minnesota.*

Gepp Gardens runs on tradition. Pat and Michelle Nelson work as partners in the family owned business along with Pat's father, Gary. They have been coming to the Richfield Farmers' Market since it first opened in 1990.

Pat enjoys working at the market. "You get to know the people on a first name basis. It's a little more relaxed than the Minneapolis Market we go to as well," he said.

This year Pat's stepsister, Anna, and her fiancé, Steve, will sell at the Richfield Farmers' Market.

Gepp Gardens will feature a rainbow of bedding plants and ever-popular hanging baskets. Traditional flowers, including begonias, gerani-

ums, gerbera daisies, mums, and zinnias are favorites.

One unusual plant that Pat enjoys growing is the perennial hibiscus which blooms with 9 to 10 inch bright red, pink or white flowers that only last one day. Growing from 3 to 4 feet tall, the perennial hibiscus is hard to establish, sensitive and requires extra care. But Pat says, "It is one of the most beautiful flowers you'll ever see."

Look for the perennial hibiscus in mid-July.

Gepp Gardens started getting ready for the market during the third week in January. Located in Corcoran, Minn., the farm has a half acre of outdoor production and 20,000 square feet of green-

house space. "We grow everything that we sell," Pat said.

Pat has a news-breaking gardening tip for 2007. The USDA has just changed the planting zone for the Twin Cities from zone 4 to a warmer zone 5.

This changes and widens the selection of plants that you can now grow here. But Pat advises to keep in mind that the zone designation is no guarantee. The USDA uses a 16-year average of weather patterns to determine planting zones.

Gepp Gardens plans to be at the Richfield Farmers' Market starting on May 5 until the school year begins. Visit them to see their wide range of quality plants.

**Sweet spring, full of sweet days and roses,  
A box where sweets compacted lie.**

**George Herbert, "Virtue,"  
3, *The Temple* (1633)**

## New Coordinator Joins Richfield Farmers' Market

New to the Richfield Farmers' Market this year is the farmers' market coordinator, Lee Owens.

Since getting her BFA in graphics and communications from the University of Wisconsin-Superior, she has frequented many Twin Cities farmers' markets.

Lee has visited farmers' markets including the Portland Farmers' Market, 3<sup>rd</sup> Ave. Farmers' Market in Denver, the Pike Place Market in Seattle, Omaha Farm-

ers' Market, Dane County Farmers' Market in Madison, along with many roadside markets in Northern Ohio and even a few street-side markets overseas.

As early as she can remember, her family has maintained a tradition of making regular visits to local farmers' markets to purchase strawberries, cucumbers, tomatoes, sweet corn and other goodies fresh from the field.

Lee has a life-long, genuine

love of farmers' markets, passion for great food and a background working in marketing. She is committed to making the Richfield Farmers' Market bloom and prosper during 2007 and have its best year yet.

Lee encourages you to visit the market. Please let her know about your experience and any feedback that you have. Contact Lee while you are at the Richfield Farmers' Market, or send an e-mail to [lowens@cityofrichfield.com](mailto:lowens@cityofrichfield.com). Enjoy the market!



*Peaches will be in season during late summer.*

## Early Harvest Brings Seasonal Favorites

May brings the light fare of spring to the market. The market offers a bounty of great-tasting fresh treats and lovely bedding plants. Enjoy Minnesota Grown early seasonal favorites including:

- Asparagus
- Green onions
- Radishes
- Rhubarb
- Spinach
- Bedding plants

Come to the market to find perfect plants for your gardens—big and small. A wide range of bedding plants and hanging baskets are ready to bloom and grow in your yard. Our vendors can help you with your selection.

You will also enjoy the coming of spring with early garden vegetables and our first local fruit of the season—rhubarb.

Rhubarb, spinach and as-

paragus are all very versatile, easily lending themselves to a variety of delicious dishes. You will find a few recipes in this issue showcasing our fresh Minnesota Grown produce.

Luckily, this first tempting selection of spring fruit and vegetables should continue to be available through June. Radishes have an especially long growing season that runs all the way through October!



*Broccoli will arrive in June and should be available through October.*

## Easy to Make Cake Dresses Up Rhubarb

### Rhubarb and Almond Cake

*This moist cake has a pleasant tart zing from the rhubarb and tastes delicious served warm or cold. This dessert is even better topped with a dollop of sweetened whipped cream.*

- ½ cup almonds, finely ground
- 2 cups all-purpose flour
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup butter
- ½ cup granulated sugar
- ½ cup brown sugar, packed
- 1 egg
- ½ teaspoon vanilla extract
- ½ cup sour cream

½ cup buttermilk

1 ½ cups rhubarb, cut in ½ inch pieces

Preheat oven to 350 degrees F. Grease and flour 13 x 9 x 2 inch baking pan.

Grind almonds in a food processor or finely chop them if no food processor is available.

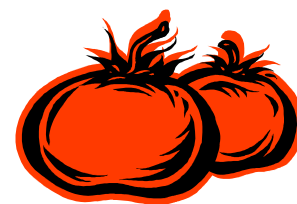
Sift together flour, cinnamon, baking soda and salt. Stir in almonds.

Cream butter with a mixer, gradually adding granulated sugar and brown sugar until fluffy. Beat in egg and vanilla until combined and light in color. Mix in flour and almond mixture alternating with sour cream and buttermilk. Stir in rhubarb. Do not over mix.

Pour batter into prepared pan. Bake at 350 degrees F for 40 to 45 minutes or until cake springs to touch.

**The world's favorite season is the spring. All things seem possible in May.**

**Edwin Way Teale, North with the Spring (1951), 3**



*Nothing beats a market grown tomato! Look for these gems in mid-summer.*

# Enjoy Minnesota Grown Produce

The Richfield Farmers' market has brought you the very best in Minnesota grown produce since 1990. At least 80 percent of the products we sell are produced and processed in this state. Our vendors take pride in growing and making their own products. Generally what you buy was just picked the day before within 200 miles of the market. Featured items include:

- Fresh fruit, vegetables and herbs
- Bedding plants, hanging baskets, cut flowers
- Meat and cheese
- Fresh bakery goods
- Honey
- Nuts

For your shopping convenience and added variety, the market makes an exception to offer a selection of some fruits and vegetables that can not be grown in Minnesota or are out of season.



Please join us on Saturdays May through October from 7 a.m. to noon.

The farmers' market — a great way to start your weekend. Make it a family tradition.

Richfield Farmers' Market  
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Veterans Memorial Park  
64th Street and Portland Avenue

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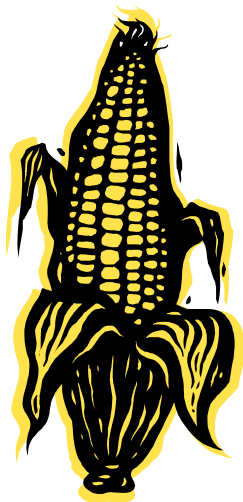


We are on the Web! Check us out at

<http://www.richfieldfarmersmarket.org>

## Minnesota Grown Spinach Thrives Early Try Cooking This Side Dish

### Spinach with Raisins and Pine Nuts



Always a favorite, look for Minnesota Grown sweet corn in July.

*This combination brings out the best in fresh spinach. The recipe is easy to prepare with only a few ingredients. If you do not have pine nuts, slivered almonds will do.*

- 1 bunch of fresh spinach
- 3 T olive oil
- 1/4 cup pine nuts (or slivered almonds)
- 4 cloves of garlic, finely chopped
- 1/3 cup golden raisins
- 2 T white wine
- Salt and fresh pepper

Trim spinach of long stems. Thoroughly wash and rinse off spinach. It may take a few washings and rinsings to free the spinach of dirt.

Place olive oil in a large non-stick skillet over medium heat. Add pine nuts (or slivered almonds) and cook until just starting to brown. Stir in garlic and cook for 1 minute.

Next add the cleaned spinach, raisins and white wine. Stir gently, and cook for about 5 minutes or until tender.

Serve immediately with a sprinkle of salt and fresh pepper. Serves 4.