

Richfield Farmers Market Messenger

August 2010 Edition

Richfield Farmers Market 20th Season

Join us on
Saturday,
September 4 as
we officially
celebrate the
20th Year of the
Richfield Farmers
Market. There
will be music and
face painting,
treats for the
kids, and of
course, birthday
cake!

Mark your
calendar now for
the celebration
20 years in the
making!

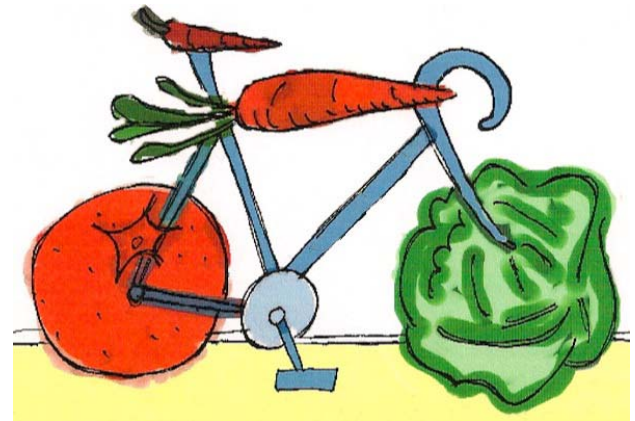


Ride your bike to the

With an abundance of fresh fruit, veggies, and locally grown goods being sold in the fresh air, the Richfield Farmers Markets is already healthy in so many ways. But for the rest of August, we want you to add to that list of healthy goodness by mixing in some good old fashioned exercise. In fact, we'll even make it worth your while.

Throughout August, be one of the first 25 shoppers to arrive at either the Friday Market or the Saturday Market by bicycle and you'll receive a \$2 coupon to spend at the Market.

That's an extra \$2 to spend on Minnesota sweet corn, just-off-the-vine tomatoes, or cucumbers for pickling. An extra \$2 for simply doing something that's fun and good for you.



With miles of dedicated bicycle trails in and around the City of Richfield, getting to and from the Farmers Market is very manageable. You can plan your route using a detailed Hennepin County bicycle trail map. Request one on-line at www.hennepin.us/forms/transp/map_req_form.html

In addition to being good for you, bicycling to the Farmers Market can also be a big time saver. With Minnesota road construction season is in full swing and it's getting harder and harder to get where you're going. So rather than joining in the fight for limited road space, ride your bike to the Richfield Farmers Market instead.

Portland Avenue Bridge closed through September

The Portland Avenue Bridge spanning Crosstown Highway 62 closed on July 26 and is scheduled to reopen in late September. The ramps between eastbound Highway 62 and Portland Avenue also closed, but the ramp from westbound 62 to Portland remains open. Alternate routes to the Farmers Market from the north include Bloomington Avenue to the east and Nicollet or Lyndale Avenues to the west. After four years of work, the entire I-35W / Highway 62 Crosstown Commons project is scheduled for completion in December.



At the Market

Pickles!

It's that time of year again. Farmers and home gardeners across Minnesota are picking cucumbers by the bushel basket full and the work is on to turn them into pickles.

However you like your pickles—out of the jar, on burgers or with a sandwich—you're not alone. More than half of the cucumbers grown in the U.S. are made into pickles and Americans eat 26 billion pickles each year. That's about nine pounds of pickles per person.



If you're a home canner, you'll find all of the fresh ingredients to make your own pickles at the Richfield Farmers Market. When choosing your produce, make sure the cucumbers are firm, the dill fresh, and the garlic garlicky. And do it soon. The pickle-canning season is short.

Pickle Trivia

Pickling has been used to preserve food for almost 5,000 years.

The pickle is both a fruit and a vegetable

Before Amerigo Vespucci set out to explore the New World, he was a pickle peddler in Seville, Spain. Since food spoilage and the lack of healthy meals were such concerns on long voyages, he loaded up barrels of pickled vegetables onto explorer ships. Hundreds of sailors were spared the ravages of scurvy because of his Vespucci's understanding of the nutritional benefits of pickles.



Pickles were brought to the New World by Christopher Columbus, who is known to have grown cucumbers for the purpose of pickling on the island of Haiti.

In 1858 John Mason designed and patented the first Mason jar. Made out of heavier weight glass than normal jars, these were developed to withstand the high temperatures necessary for processing pickles. When the patent expired in 1879, manufacturers of such jars continued to use the term "Mason" on their product.

For the Love of Pickles

"Oh, Hamlet, how camest thou in such a pickle?"

(Hamlet, Act 5, Scene 1.)

Shakespeare

"On a hot day in Virginia, I know nothing more comforting than a fine spiced pickle, brought up trout, like from the sparkling depths of the aromatic jar below the stairs of Aunt Sally's cellar."

Thomas Jefferson

"I don't want a pickle, just want to ride on my motorsickle."

Arlo Guthrie

Richfield Farmers Market
Saturdays through October from 7
a.m. to noon at Veterans Park

Fridays through August 27 from 2 to
6 p.m. at Roosevelt Park

Richfield Farmers' Market
City of Richfield
Phone: (612) 861-9385



We are on the Web! Check us out at

<http://www.richfieldfarmersmarket.org>

Look for us on Facebook and follow us
on Twitter @RichfieldFarmkt

Dill Pickles

8 pounds, 3 to 4 inch long pickling cucumbers

4 cups of white vinegar

12 cups of water

2/3 cup of pickling salt

16 cloves of garlic, peeled and halved

8 sprigs fresh dill weed

8 heads fresh dill weed

1. Wash cucumbers and place in the sink with cold water and lots of ice cubes. Soak in ice water for at least 2 hours but no more than 8 hours. Sterilize 8 (1 quart) canning jars and lids in boiling water for at least 10 minutes.
2. In a large pot over medium-high heat, combine the vinegar, water and pickling salt. Bring the brine to a rapid boil.
3. In each jar, place 2 half-cloves of garlic, one head of dill and enough cucumbers to fill the jar. Then add 2 more garlic halves and 1 sprig of dill. Fill jars with hot brine. Seal jars, making sure the rim of jar is clean.
4. Process sealed jars in a boiling water bath. Process quart jars for 15 minutes.
5. Store pickles for a minimum of 8 weeks before eating. Refrigerate after opening. Pickles will keep for up to 2 years if stored in a cool, dry place.

