



E-NEWSLETTER

This week Saturday Feb 26, 2011 last day for
Indoor Winter Market
Opening Day April 2, 2011 at Steamboat Landing
3rd St., Ithaca, NY

Stock up now!!!

Visit us for the last indoor winter market this Saturday Feb 26, 2011

We offer now:

Chicken, beef, pork, artesian cheeses, eggs, onions, sauerkraut, pickles, monkey bread, fruit filled scones, sweet cheese Danishes and other fine baked goods, wines, prepared foods, colorful tees, jewelry, aprons, clutches, beautifully crafted wooden jewelry, wrapped jewelry, watermelon radishes, daikon radishes, some green, apple sauce and cider.

Goodbye Heidi and Jack

We say goodbye this year to long standing members Heidi and Jack Goldstein from The Organic Farm. Heidi and Jack have been members of the market since 1993. Heidi worked on The Ithaca Rotary Harvest Program. She was responsible for collecting donations from members of the IFM and distributing the food to the community. Heidi, over the last 2 summers, through her work has served 6 families and 24 children fresh local produce. Thanks Heidi!



Greek Bread Pudding Serves 6

Ingredients

1 teaspoon olive oil
6 cups sliced mushrooms (about 12 ounces)
1/2 cup chopped onion
1 garlic clove, minced
1/2 cup golden raisins
1/4 teaspoon black pepper
1/8 teaspoon salt
1 (14 1/2-ounce) can Italian-style diced tomatoes, drained
1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
2 cups 1% low-fat milk
1 cup (4 ounces) crumbled feta cheese, divided
4 large eggs
8 ounces (1-inch) cubed day-old Italian bread (about 9 cups)

Preparation

Preheat oven to 350°.

Heat oil in a large skillet over medium heat. Add mushrooms, onion, and garlic; cook 12 minutes or until mushrooms are tender, stirring occasionally. Stir in raisins, pepper, salt, tomatoes, and spinach. Remove from heat; cool slightly.

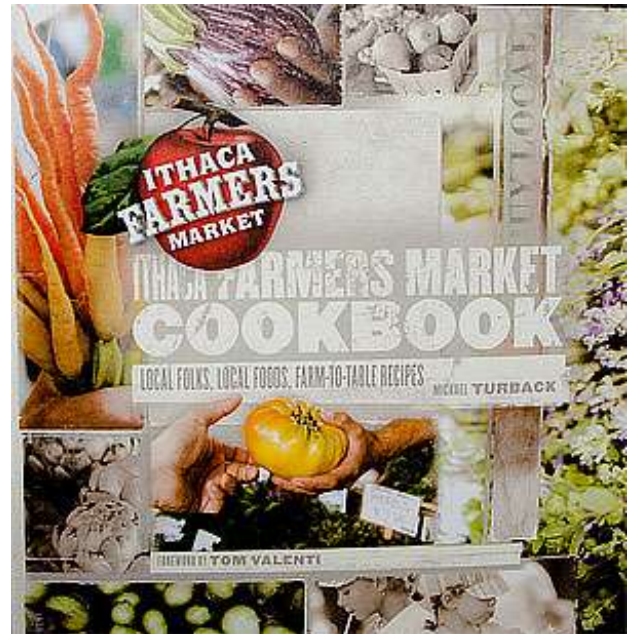
Combine milk, 1/2 cup cheese, and eggs in a large bowl, stirring with a whisk. Stir in mushroom mixture. Add bread; stir gently to combine. Let stand 10 minutes. Spoon into a 2-quart greased baking. Sprinkle with remaining 1/2 cup cheese. Bake at 350° for 45 minutes or until pudding is set and lightly browned.

What's New:

Pictures from the 2010 Rutabaga Curl at:
<http://www.flickr.com/photos/jerryfeist/sets/72157625631587304/>
 Videos from the 2010 Curl:
<http://www.youtube.com/watch?v=vxyWxPsAxvs>

Stay tuned for more info—The Maple Festival will be held some time in April

Have you ever thought about what the definition of local is? According to an article from the February Fruit Growers News- "local foods" is often thought of as a geographic concept, referring to the distance from production to consumption. Several food retail companies have adopted their own local food definitions. Walmart defines local food as that produced within a state's borders. According to Whole Foods, products must travel less than a day (seven or fewer hours by car or truck) from farm to store to be designated as local. According to the definition adopted by the U.S. Congress in the 2008 Food, Conservation, and Energy Act, "locally or regionally produced ag food products" can only travel less than 400 miles from its origins. Did you know that The Ithaca Farmers' Market requires that everything must be produced or made within a 30 mile radius of the market pavilion?



Order on line at:

<http://www.ithacamarket.com>

"Buying from farmers markets not only promotes edible education for children and adults alike, but also stabilizes a local economy and introduces people to a variety of culinary cultures. With delicious recipes and charming stories, the ITHACA FARMS MARKET COOKBOOK demonstrates the importance of fresh, seasonal and sustainable ingredients."

**Alice Waters
 Chef, Restaurateur, and Slow Food Activist**

Price per book is 26.95 includes tax, plus shipping