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## Win a \$50 Shopping Spree!

Celebrate September's harvest with us. Stop by the Info Booth on September 9<sup>th</sup>, 16<sup>th</sup> or 23<sup>rd</sup> to enter for your chance to win \$50 in tokens to spend anyway you like at our market. Three giveaways means three very happy shoppers! No purchase necessary. Spread the word!

## SEPTEMBER

Join us at the market from 4 to 8 PM through our last day on September 30<sup>th</sup>. September offers some of the best produce of the summer, and our farmers and hot food vendors will be bringing it right to you. We'll also continue to have live music each week:

*September 9*

**Tim Connor**

Acoustic Blues, Folk & Americana

*September 16*

**Kirby Swatosh**

Space Age Folk Rock

*September 23*

**Pilar French**

Rock singer-songwriter

*September 30*

**Brad Creel and the Reel Deal**

Country & Americana

# FEEDING COMMUNITY

FRIDAYS 4-8PM ON THE TUALATIN COMMONS

2011 VOL. III

## TIPS FROM EXECUTIVE CHEF JOSH BLYTHE

### Corn is Here!

Chef Josh Blythe at the Oregon Culinary Institute made the best corn chowder we have ever tasted. When we asked what his technique was, he explained that he made corn stock from the cobs. Here's how...



Boil your whole, shucked corn cobs in lightly salted water, barely covering the corn, for 5 minutes. Remove the corn, and save the water. Cut off the kernels and use them right away (they are delicious tossed with a little butter, salt and torn fresh basil) or save them for corn chowder. Make a quick stock from the cobs by returning them to the water you saved. Simmer until fragrant, or for up to an hour. Then strain the stock so you end up with a clear liquid. The stock freezes easily if you want to have a stash of summer flavor in your freezer. Get creative with your stock. Use it where you would normally just add water--as a base for your chowder or to cook rice or potatoes. It will add that little something extra so your friends and family will be wondering what your secret ingredient is.

## PERFECT PRODUCE

Many fruits & vegetables at the market are just now entering the peak of the season, resulting in the most flavorful produce you will find all year. Now is the time to use fresh preparations and to stock up and preserve summer's bounty for use this winter.

On market day, prepare some of your purchases so they are ready to use on short notice through the week. This works well for lettuce and tougher herbs: separate the leaves, submerge in cool water to clean, spin or pat dry, and store in a loosely sealed plastic bag with a slightly damp paper towel. Place

in your fridge crisper drawer until needed for a mealtime.

Other produce is best cleaned just prior to using. Scrub firm produce, such as melons and cucumbers, with a brush before slicing them. Delicate herbs, like basil, are best handled gently and right before they are served.

Stop by the library or search the internet for quick pickling recipes and tips on canning or freezing produce. Both are fun and satisfying. Or, ask your vendors how they recommend you store and prepare their produce. They have a wealth of experience that they are happy to share. Enjoy the bounty.