



ROCKFORD FARMERS MARKET

Fridays June 2 - October 13th 2017 8900 Walnut Street Rockford, MN 55373

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The winter weather is here to stay after a very warm fall season, and officially winter doesn't start until December 21st. We now have snow to build snow men, go sliding or make a snow angel. The ice rinks are open for business so you can get out and show off your skills and teach the kids how we all can enjoy Minnesota in the winter!

Make sure you stay healthy, warm and safe during this season. Hot cocoa and tea are favorite drinks to warm you up after sliding or skating outdoors. A homemade soup is easy to make will warm the body and is supposed to be healthy for you. Here is a simple recipe:



Homemade Chicken Soup

Recipe By: Jill

Ingredients

- 1 (3 pound) whole chicken
- 4 carrots, halved
- 4 stalks celery, halved
- 1 large onion, halved
- water to cover
- salt and pepper to taste
- 1 teaspoon chicken bouillon granules (optional)

Directions

1. Put the chicken, carrots, celery and onion in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the chicken meat falls off of the bones (skim off foam every so often).
2. Take everything out of the pot. Strain the broth. Pick the meat off of the bones and chop the carrots, celery and onion. Season the broth with salt, pepper and chicken bouillon to taste, if desired. Return the chicken, carrots, celery and onion to the pot, stir together, and serve.



Candy Cane Cocoa

By: Berushka

Ingredients

- 4 cups milk
- 3 (1 ounce) squares semisweet chocolate, chopped
- 4 peppermint candy canes, crushed
- 1 cup whipped cream
- 4 small peppermint candy canes

Directions

1. In a saucepan, heat milk until hot, but not boiling. Whisk in the chocolate and the crushed peppermint candies until melted and smooth. Pour hot cocoa into four mugs, and garnish with whipped cream. Serve each with a candy cane stirring stick.

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Eat Locally

Some nutritionists think eating locally may be even more important than eating organically. That's because a vital factor in a food's nutrient profile is how long it took to get from farm to table: A head of locally grown lettuce, for example, may be more nutrient-dense than one shipped coast to coast.

Does this mean you should forgo pesticide-free foods when they're available? No, but it's a great idea to make room on your plate for locally-grown goods too, even if they haven't been grown the organic way. Better yet: Eat locally *and* organic, when you can. Shop our farmers market this 2017 season!

Hash Brown and Egg Casserole

Recipe By: MELISSAKOVACS07

Ingredients

- 1 (2 pound) package frozen hash brown potatoes, thawed
- 1 pound pork sausage
- 1 small onion, diced
- 5 eggs
- 1/2 cup milk
- 1/2 teaspoon onion powder
- 1/8 teaspoon garlic powder
- salt and ground black pepper to taste
- 12 ounces shredded Cheddar cheese

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish. Place the hash brown potatoes in the bottom of the baking dish.
2. Heat a skillet over medium heat and cook and stir the sausage and onion until the sausage is crumbly, evenly browned, and no longer pink; drain. Meanwhile, whisk together the eggs, milk, onion powder, garlic powder, salt, and pepper, and pour over the potatoes. Layer with half the Cheddar cheese, the sausage mixture, and the remaining Cheddar cheese. Cover with aluminum foil.
3. Bake in the preheated oven for 1 hour. Remove cover; return casserole to the oven and bake until a knife inserted into the center comes out clean, about 10 minutes. Let stand for 5 minutes before serving.

2017 Farmers Market

We plan to open the market on Friday June 2nd 3-6:30 p.m. in the parking lot at the Rockford Mall, pending city council approval. We had discussed changing the day of the week but decided it would not work for many of our vendors and most important we did not want to lose any customers that have been loyal shoppers for the past three years. We look forward to seeing you in 2017 at the market for our 4th year!

Give If You Can

During this season there are great needs in the community for those less fortunate and I urge you to donate to the local food shelves and shelters. Rockford Riverworks offers donations online for your convenience or give to your own charity. The Salvation Army bell ringers are out everywhere, so even dropping a few dollars in the bucket will help.



Happy Holidays and Happy New Year!



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