



ROCKFORD FARMERS MARKET

Fridays June 3 – October 14th 2016 8900 Walnut Street Rockford, MN 55373

<http://rockfordmarket.weebly.com> Email: nancars14@gmail.com

Newsletter October 6, 2016

It is fall and the summer flew by with too much rain on Fridays. However, there were a few beautiful fall days left for you to stop by and shop at your local farmer's market.



Solar Farms organic

We are open from 3 to 6:30 October 7th and 14th. We may close earlier depending on the weather but not any earlier than 6 p.m. so stop by early.

This is a good time of year to plant bulbs in your garden for next year. You can also get good deals at some of the local nurseries on perennials that you can plant now.



Ruters Farm great sweet corn and produce!

The food truck has been a great addition to the market this year and October 7th will be Darlene's last day at the market until next year (she is the operator/owner of Running W Concessions). Rockford found more talent this year in a new organic gardener Colleen who sells micro greens, tomatoes, squash and pumpkins, etc. Sarah our other organic gardener has expanded her products this year with pickled beets, beans, pickles, and lovely flowers from her garden. Loren Windsperger another new vendor who sells produce was rained out mid-summer but will be back next year. I also want to introduce our new baker Holly Fogelquist who bakes bread, pretzels, muffins, cinnamon rolls, cookies, etc. New crafters Amy Saylor, Wendy Marple, Nancy who sells Sassy Jams, etc. Gilberts Farm who sells beef, chicken and pork will not be back again this year, but will be back in 2017.



We will be hosting a **Holiday Sale** at the Rockford Mall 8900 Walnut Street Rockford, MN on **November 19th** from 9 a.m. to 1 p.m. in the hallway. There will be many vendors with a variety of products and crafts for the holidays and every day.

Recipe Corner

Here is an easy great fall chili recipe to enjoy.

EASY 30-MINUTE HOMEMADE WHITE CHICKEN CHILI

Who can say no to a bowl of warm, thick chili that's loaded with tender chicken and hearty cannellini beans. It's some of the best chili I've ever had and is robustly flavored from sweet Vidalia onions, jalapeno peppers, and green chili's. The chili has mild to medium kick, but you can make it spicier by using the jalapeno seeds or by adding more red chili flakes or cayenne pepper. It's so easy and ready in 30 minutes. To save time, use a store bought rotisserie chicken or leftover chicken that you have on hand. Salt your chili to taste. I use low-sodium chicken broth, low-sodium beans, and add a bit of salt to the chili so I can control the overall salt level. It makes enough to stash half in the freezer for the future.

YIELD: *about 8 to 10 cups*

PREP TIME: *10 minutes*

COOK TIME: *20 minutes*

TOTAL TIME: *30 minutes*

INGREDIENTS:

- 3 tablespoons olive oil
- 3 cups sweet Vidalia or yellow onion, peeled and diced small (about 2 medium/large onions)
- 1 large jalapeno pepper (about 4 to 5 inches long), diced very small (the seeds are where the heat is concentrated; included or discard them based on preference)
- 7 to 8 ounces canned green chili's, don't drain (I used mild heat)
- 4 garlic cloves, peeled and finely minced
- 32 ounces (4 cups) low-sodium chicken broth
- 4 cups shredded cooked chicken (use about 1 whole store bought rotisserie chicken to save time; or roast or cook your own chicken in a skillet)
- two 15-ounce cans cannellini beans, drained and rinsed (see step 4 below about blending 1 cup of the beans with a splash of chicken broth or water)
- 1 tablespoon lime juice
- 1 tablespoon cumin
- 1 teaspoon dried oregano
- 1 teaspoons salt, or to taste

EASIEST HERBS TO GROW INDOORS

LOCATION

- Bright space
- Temp: 55°-75° (13° - 24°)
- Good ventilation

THE BEST HERBS

- BASIL** (*Ocimum basilicum*)
Start basil from seeds and place the pots in a south-facing window as they like lots of sun and warmth.
- BAY** (*Laurus nobilis*)
A perennial that grows well in containers all year long. Place the pot in an east or west-facing window, but be sure it does not get too hot.
- PARSLEY** (*Petroselinum* spp.)
You can start this herb from seeds or dig up a clump from your garden at the end of the season. Parsley likes full sun, but will grow slowly in an east- or west-facing window.
- SAGE** (*Salvia officinalis*)
Take a tip cutting from an outdoor plant to start your indoor sage. It tolerates dry, indoor air well, but it needs the strong sun so make sure it has a south-facing window.
- DILL** (*Anethum graveolens*)
Aromatic annual best grown for its leaves when grown indoors. Sow several pots at different stages (like cilantro) for a continual supply. 'Fernleaf' dill is a compact variety ideal for growing indoors.
- MINTS** (*M. x piperita*/*M. spicata*)
Mints are good choices for growing in pots. 'Peppermint' is a well-behaved variety of spearmint. Be sure to give mint its own pot.
- ROSEMARY** (*Rosmarinus officinalis*)
Start with a cutting of rosemary, and keep it in a moist soilless mix until it roots. It grows best in a south-facing window.
- OREGANO** (*Origanum vulgare*)
Your best bet is to start with a tip cutting from an outdoor oregano plant. Place the pot in a south-facing window.
- TARRAGON** (*Artemisia dracunculoides*)
A dormant period in late fall or early winter is essential for tarragon to grow indoors. Pot up a mature plant from your outdoor garden and leave it outside until the leaves die back. Bring it to your coolest indoor spot for a few days, then place it in a south-facing window for as much sun as possible. Feed well with an organic liquid fertilizer.
- CHIVES** (*Allium schoenoprasum*)
Dig up a clump of chives from your garden at the end of the growing season and pot it up. Leave the pot outside until the leaves die back. In early winter, move the pot to your coolest indoor spot (such as a basement) for a few days, then finally to your brightest window.

desima
BRINGING NATURE HOME
see more at www.desima.co

- 1 teaspoon black pepper
- 1/2 teaspoon red chili flakes
- 1/4 teaspoon cayenne pepper, optional and to taste
- 1/3 cup fresh cilantro leaves, finely minced
- tortilla strips, chips, crackers, diced avocado, shredded cheese, and/or sour cream; all are optional for garnishing

DIRECTIONS:

1. To a large Dutch oven or stockpot, add the olive oil and heat over medium-high heat to warm.
2. Add the onion, jalapeno, green chilis, and sauté for about 7 minutes, or until vegetables begin to soften. Stir intermittently.
3. Add the garlic and sauté for 1 to 2 minutes. Stir intermittently.
4. Add the chicken broth, chicken, cannellini beans including whole beans and blended bean mixture (take 1 cup of the beans, add to a food processor or blender, add a splash of chicken broth or water and blend until smooth; mixture should be thick. Add the blended bean mixture along with the whole beans to pot), lime juice, cumin, oregano, salt, pepper, red chili flakes, optional cayenne pepper, and bring to a boil. Allow mixture to boil gently for about 7 to 10 minutes. It's unlikely, but if at any point the overall liquid level looks low or you prefer your chili to be thinner, add 1 cup of water or as desired; you'll adjust the salt and seasoning levels at the end. For thicker chili, allow mixture to boil longer and reduce until desired thickness is reached.
5. Add the cilantro and boil 1 minute.
6. Taste chili and add salt to taste. This will vary based on how salty the chicken broth, beans, and rotisserie chicken are, and personal preference. Make any necessary seasoning adjustments (i.e. more salt, pepper, cumin, cayenne, lime juice, etc.).
7. Ladle chili into bowls, and optionally garnish with tortilla strips, chips, crackers, avocado, cheese and/or sour cream; serve immediately. Chili will keep airtight in the fridge for 5 to 7 days or in the freezer for up to 6 months.

Recipe from Averie Cooks. All images and content are copyright protected. Please do not use my images without prior permission. If you want to republish this recipe, please re-write the recipe in your own words, or simply link back to this post for the recipe.

Thank you.



Becky's Bars and Oils



Liz Etzel's jams, apples, berries, cookies, breads, etc.

Our last market sale for 2016 is October 14th. The food truck will not be at the market this time but we will have free treats for our customers. See you at the market! Most importantly we, want to thank all of our customers who have been such loyal shoppers all season. We hope to see you all again in 2017 and bring a friend along as we can always use more shoppers.

Check us out on Facebook -rockfordcommunitymarket

*This delicious recipe brought to you by **Averie Cooks**
<http://www.averiecooks.com/2015/10/easy-30-minute-homemade-white-chicken-chili.html>*

