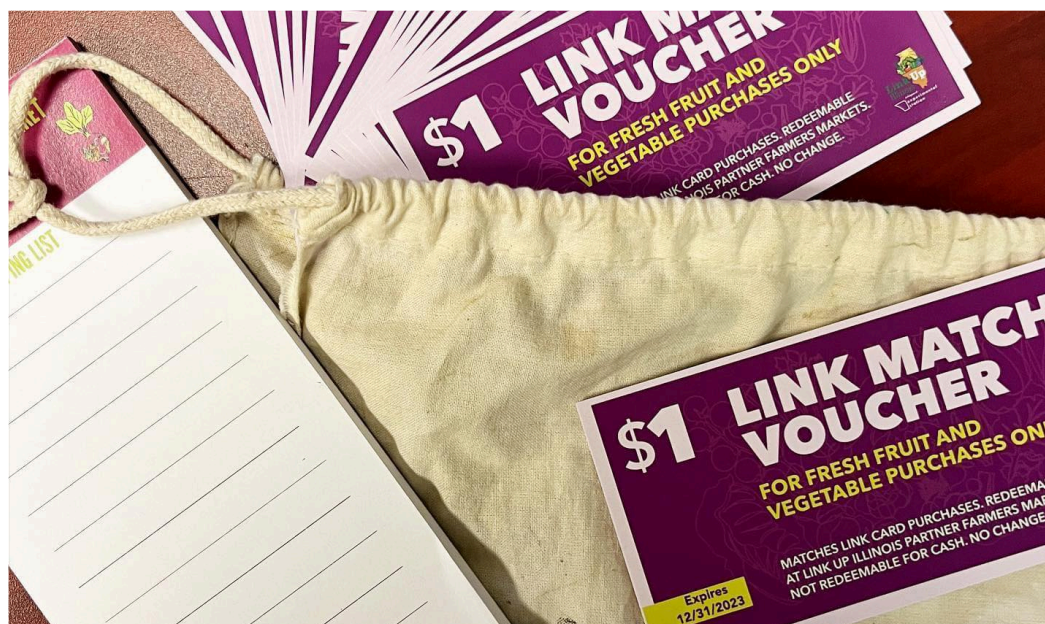


GFM Newsletter

Galesburg Farmers Market



LINK Match Program

Again this year we are partnering with the Experimental Station to bring this program back - We have a \$10,000 Grant to fund the program for our 5 months the market is open.

We have Total Dollar Value of Link Match and SNAP Vouchers Distributed of \$1,115 each. SNAP Vouchers Redeemed to date is \$817 and Link Match Vouchers Redeemed to date is \$793.

1

HOW MUCH TO SPEND

We will match up to \$25 per swipe, swipe \$25 get \$50 in vouchers!

2

RUN YOUR LINK CARD

We will give you vouchers to spend with the vendors at the market!

3

SHOP AT THE MARKET

Enjoy fresh, local produce! You just doubled your funds!



Lettuce

Excellent source of vitamin A, which is needed for healthy skin, bones and eyes.



Green Beans

Helps fight inflammation and is a good source of folate and potassium, which regulates blood pressure.



Turnips

Rich source of vitamin A and C, iron and fiber. May improve digestion.

Produce at the market this week:

Assorted Lettuce
Beets
Broccoli
Cabbage
Cucumbers (slicing)
Cucumbers (snacking)
Kale
Kohlrabi
New Potatoes
Shell Peas
Yellow Squash
Zucchini
Tomatoes
Basil
Dill
Parsley
Rosemary



National Farmers Market Week

August 6-12, 2023

Saturday, August 12 - Planning is in the works for events at the market, Plan on attending for extra activities this day!

Market scavenger hunt, bike and/or red wagon parade?

We will keep you updated!

ROASTED ZUCCHINI WITH PARMESAN

Ingredients:

2 medium zucchini, cut into 1/2 inch thick rounds
1/2 cup grated parmesan cheese
1 tsp garlic powder
2 tbsp olive oil
3/4 tsp sea salt
1/2 tsp pepper

Directions:

Preheat oven to 450 F

In a large bowl toss the zucchini with olive oil salt, pepper and garlic powder. Arrange on a baking sheet, top with grated parmesan cheese, and bake on center rack for 5 minutes, next broil the zucchini for 2-3 minutes or until cheese is golden brown. **Serve and enjoy!**





Good Hope Gardens - Mary Jo

Grover and Mary Jo DeCounter have been producing vegetables and small tree fruits since 1986.

They are all family owned and operated, working to produce vegetables and fruit in the most sustainable and safe way. They have roughly 28 acres and have many hoop houses (greenhouses) to help get an early start. They hand start every seed.

In addition to attending the Galesburg Farmers Market, they also attend Macomb. They also have a shop at the farm in Good Hope II, that is open from roughly late May to late October, Monday- Friday 10am-6pm and Saturday.

1

BECOME A VENDOR?

Contact Kathy
309-368-4030

2

COMPLETE APPLICATION!

Available on our
website

3

SETUP ON SATURDAY!

Arrive between
6:15am-7:30am - enjoy
morning visiting with
customers!



Baked Goods

Jaimie's Flour & Fibers, sour dough breads, muffins and other items - new to the market!



Bows & Wands

Gertie Sue Designs bows, headbands, hair clips and other items made by Maggie just for you!

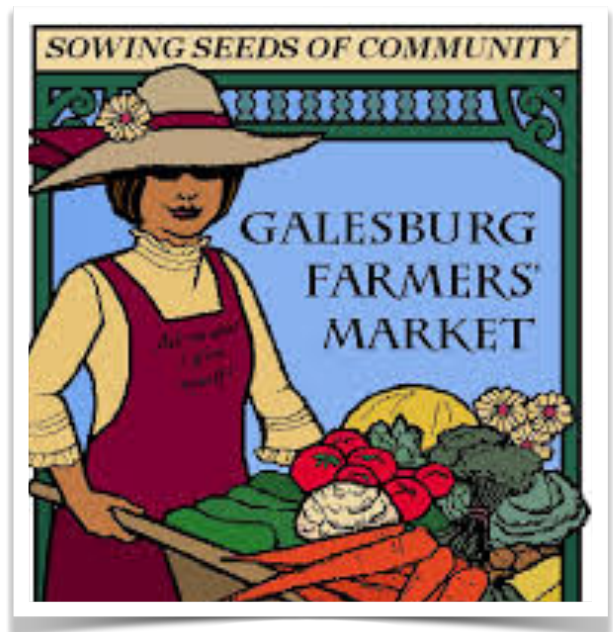


Beef

Walker Family Farms of Gilson, variety of beef cuts at the market weekly from Gary Walker.

Galesburg Farmers' Market Vendors

- Good Hope Gardens
- Gertie Sue Designs
- Livings Inside Out Apparel
- Spurgeon Gardens
- Pop of the Mornings - popcorn
- Darnell Apiary
- Mr. E's
- The Wolves Den
- Walker Family Farms of Gilson
- Ripe Vine Tomatoes
- Huizenga Farm
- M&M&m Farms
- Kraynak Honey
- Melhus Farms
- April Jackson
- Asplund's Arrangements
- LMc Creates
- Mother Bears Cauldron LLC
- Galesburg CBD Store
- Mineral Springs Country LLC
- Jenntastic Creations LLC
- Silverbindings
- Galesburg Public Library
- Urban Milling Company LLC
- Shelli's Tumblers
- Rivet Revival House



Market Hours:

Saturdays, May - Sept.

8:00 AM - 12:00 PM

362 E. Simmons St.

Galesburg, IL 61401

309-368-4030

FISH OF GALESBURG

**Does FISH accept garden
produce from local
gardeners? ABSOLUTELY!**

**Drop off during business
hours, 10:00-3:00, Mon-Fri!**

