

# GFM Newsletter

Galesburg Farmers Market



## LINK Match Program

Stop out and see Kathy Bennett, Galesburg Farmers Market Coordinator, to learn more about LINK Match Program and other programs offered in the community starting this week. 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.

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!



#### Peaches

Can improve digestion, promote heart health, & build immunity.



#### Broccoli

Nutrient-rich & reduces inflammation, improves sugar control & boost immunity.



#### Melons

Low in sodium & saturated fat. Good source of dietary fiber, Vitamin K & potassium.

## Produce at the market this week:

Beets - Broccoli - Cabbage - Carrots  
Cucumbers - Cauliflower - Sugar Snap Peas  
Eggplants - Green Beans - Kale  
Kohlrabi - New Potatoes - Okra  
Onions (cooking/red/sweet)  
Peppers (sweet/hot)  
Tomatoes - several varieties  
Yellow Squash - Zucchini  
Garlic - Garlic Scapes

## Fresh Herbs:

Basil - Cilantro - Mint - Rosemary - Chives  
Dill - Parsley - Sage - Thyme - Tarragon

## Fruit:

Plums - Peaches - Black raspberry  
Melons - Cantaloupe!

Many baked good items, honey, popcorn,  
beef, chicken and craft goods!



## 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!

## ROASTED CHICKEN

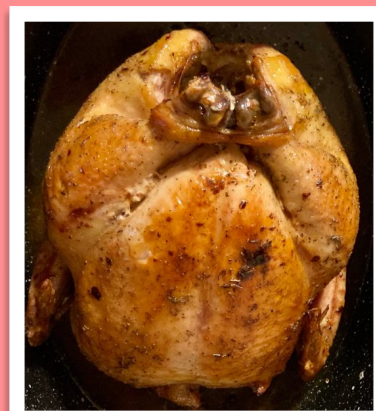
### Ingredients:

1 Roasting Chicken  
Kosher Salt - Freshly Ground Pepper  
1 large bunch of thyme, plus 20 sprigs  
1 lemon, halved - 1 head garlic, cut in half crosswise  
2 T butter, melted - 1 large yellow onion, thickly sliced, 4 carrots cut into 2-inch chunks  
1 bulb of fennel, tops removed and cut into wedges  
Olive Oil

**Step 1** Preheat oven to 425 degrees F.

**Step 2** Rinse chicken. Liberally salt & pepper the inside of chicken. Stuff the cavity with The bunch of thyme, both halves of lemon, and all the garlic. Brush the outside of the Chicken with the butter and sprinkle again with salt & pepper. Place the onions, carrots, And fennel in roasting pan. Toss with salt, pepper, 20 sprigs of thyme and olive oil. Spread around the bottom of roasting pan and place chicken on top.

**Step 3** Roast chicken for 2 1/2 hours, or until the juices run clear when you cut between A leg and thigh. Remove the chicken and vegetables to a platter and cover with foil for About 20 minutes. **Slice chicken and serve with vegetables. ENJOY!**





## Walker Family Farms of Gilson

Gary Walker, 3rd Generation Farmer, raises Black Angus Cattle in Gilson with his sons Lukas and Brett. Together they farm around 400 acres of crops.

Gary enjoys Saturday mornings at the market visiting with folks and grilling out hamburgers and ribeyes every other weekend along with his fiancé, Kathy. She helps on the farm and together they have a garden which they sell some produce. Kathy will also bake up some goodies from time to time for purchase at the market so watch for those items.

This weekend they will have Cornish Rock Boiler Chickens. They have raised them for the past 11 weeks, they have been processed at Brummell Poultry in Rock Falls.

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!



### Handmade Soap

The Wolves Den,  
husband & wife  
team, produces  
Artisan cold  
process Soap & so  
much more!



### Clothing

Helping Christians  
rise up & put their  
faith into action!  
Stop by and see  
Sherrell Wallace!



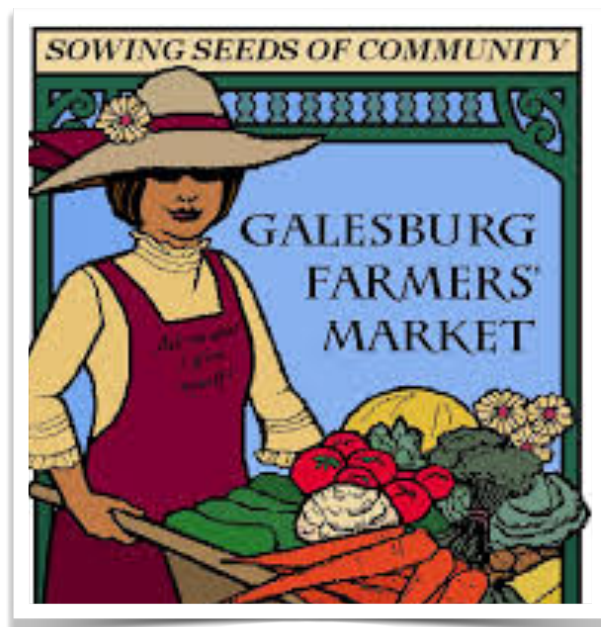
### Honey

Darnells Apiary  
from Kirkwood, IL  
weekly with honey,  
black walnuts,  
veggies and  
homemade quilts  
items.



## 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**

## BRIGHTER FUTURE FUND

The Brighter Future Fund is accepting applications until July 15th! Grants up to \$10,000 each are available to farmers across the US!

“Farmers and ranchers work hard to provide for their communities, their families, and their land. But they sometimes need our help – The Brighter Future Fund can provide that help” – Nathan L'Etoile, American Farmland Trust

Visit [farmland.org/brighter-future](https://farmland.org/brighter-future) for eligibility requirements and to apply.

