



Celina Thymes

Celebrating Fresh, Food, and Farmers

April 2014

Market News

What a relief it is to finally be feeling those spring temperatures! After that brutally cold winter, it is a pleasure to announce the opening of the Celina Farmers' Market season. The market will be open this year starting in May with the first taste of spring produce, baked goods, and seedlings ready for your garden. The bountiful harvest will continue growing throughout the season until the Market closes in October. This year brings with it new vendors and plenty of local, fresh produce. Also new this year is our market newsletter. Inside each edition you will find market news, a showcase of what is in season along with recipes, and interviews with market vendors and local farmers. We hope you will stop by to enjoy everything the season has to offer. The market is open every Saturday from 9 to 12 starting the first Saturday in May. It is located in front of the Celina courthouse on Market and Main street. Come early for the best selection.



What's Growing

There is a reason why the market does not open in April. The garden is recovering from the long winter and is ready for planting, not harvesting. Luckily, there is one perennial edible that reliably starts poking sprouts through the soil in mid to late April and it goes by the name of asparagus. Asparagus is one of those vegetables which causes a love it or hate it response from most shoppers. Unfortunately, the hate it response is often born from the experience of eating out of season supermarket asparagus. The season for asparagus is late April to early June and it is a vegetable that is best served hours after being picked.

Wait much longer and the delicate sweet taste dissolves into bitterness. Wait another day or two and you have reached the quality of supermarket asparagus, which is often shipped from Peru, 3,500 miles away. Taste the difference of fresh at the market.

Why Shop Local?

There are numerous reasons to buy local products and produce. Money spent in the community tends to stay in the community and creates more jobs close to home. Purchasing locally grown produce decreases our use of fossil fuels while increasing the taste and the quality. Farmers' markets may offer unique produce which cannot be found at conventional stores and the farmer behind the table can offer tips on how to prepare the produce he sells. Local products actually cost less because they do not require government subsidies or assistance, shipping costs, and extra time to reach the buyer's home. Find out the true cost of food at www.sierraclub.org/truencostoffood/movie.asp

Come Find Homemade and Home-grown Products At The Celina Farmers' Market

**Every Saturday May - October
9 am to 12 noon**

in front of the Celina Courthouse

Come early for the best selection as supplies are limited and vary throughout the season

Do you have something handmade or home-grown to sell?

\$20 & a completed form gets you a spot to sell for the entire season. Stop by the Celina Mercer County Chamber of Commerce office at 226 N. Main St. to pick up an application or download one at the Chamber website on the Celina Farmers' Market page: www.celinamerccer.com

What's Cooking

from <http://www.onceuponachef.com>

Grilled Asparagus & Feta Salad

Servings: 4

Total Time: 15-25 min

- 1 bunch fresh asparagus, ends trimmed
- 3 tablespoons extra virgin olive oil, divided
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon lemon zest, from one lemon
- 1 tablespoon freshly squeezed lemon juice, from one lemon
- 1/3 cup crumbled feta cheese



Preheat grill to high. Place asparagus spears in baking dish and toss with 2 tablespoons olive oil, salt and pepper. Put asparagus on the grill, making sure spears are perpendicular to grates so they don't fall through. Cover and cook asparagus for 3-4 minutes, until nicely browned and tender-crisp. Remove asparagus from grill and place back in baking dish. Let cool, then transfer spears to cutting board and cut into 1 1/2" pieces. Place cut asparagus back in dish, then add remaining tablespoon olive oil, feta, lemon zest and lemon juice. Toss gently and season with more salt, pepper and lemon juice to taste. If you can't find a grill try roasting cut up spears in a 425° oven with olive oil and seasoning until brown. Then add the feta and lemon. Serve or place under broiler to melt and brown the cheese.

