

Agriculture Adventures for Families

A Farmer's Day at the Market



We are so fortunate to live in a county that provides farmers markets in just about every corner of the city and suburbs. Most of us are the consumers who may pop out of bed early to visit the market or may sleep in and enjoy a leisurely stroll around the local market to stock up on favorites, or to buy ingredients for a new recipe idea. As consumers, we don't often think about what it takes for the farmer to get the goods to the markets. One thing is for sure, they don't get to "sleep in". Cook County has many specialty crop farmers who are regulars at several markets throughout the week, often delivering to several markets in one day.



A typical morning might find our farmer leaving the farm at 3:30 a.m. in the south suburbs and heading further south to make a drop off at the first market. By 4 a.m. start heading to a market or two in the city and then continue by 6 a.m. to the northern burbs to drop off a last load of the morning. At each market tables need to be set up, items displayed and much more. Then it's back to the farm to open that operation and begin another long day of doing what they love. Thank you for supporting our local farmers and enjoying the fruits and vegetables of their labor.



Farmers Market Favorites

Sweet Corn

Sweet corn is a warm season vegetable crop with high sugar content. Standard sweet corn contains a sugary gene responsible for the sweetness, as well as the creamy texture of the kernel. With the hot weather during the summer months, the sugar in sweet corn decreases and the starch increases, causing the corn to lose flavor, quality and sweetness quickly. This is why sweet corn is checked frequently as the harvest approaches, and should be eaten, refrigerated or processed shortly after picking.



Tomatoes

According to the U of I Extension, the tomato is the most popular garden vegetable in America today! Scientifically the tomato is known as a fruit because it bears seeds. The fruit is easy to grow, and most families obtain an adequate harvest from just a few plants. The tomato plant is tender and is grown in gardens all over the continental US. According to the USDA, Americans eat between 22-24 pounds of tomatoes per person, per year.



Herbs

The most popular herbs are the types used in cooking. Basil, chives, dill, mint, oregano, parsley, rosemary, sage and thyme are a few of the many herbs grown in Illinois. Herbs are used to enhance even the simplest of meals because of their scent and taste. Herbs require little care and space, making them easy to grow. Herbs also have minimal insect and disease problems and can be grown in moderate fertility levels. Another reason for their popularity is they are great indoor plants, making them easy to grow in pots all year long.



Source: Illinois Ag Mag

Try using some of your fresh locally grown products to make a delicious recipe! Recipes can be found by going to our Discover Local page on our website, www.cookcfb.org/discover-local/recipes.

To receive a copy of the 2019 Cookfresh Recipe Brochure email: membershipdebbie@cookcfb.org or call 708-354-3276.

Q: How do you fix a broken tomato?



A: Tomato Paste!!

This colorful book illustrates all aspects of a farm market including tasks required before, during and after the actual market. This is a fun, informative book introduces children to the basics of farming, farm market activities and how farming is connected to daily life. On the farm, workers pick vegetables, collect eggs, and make cheese. At the market the next day, the workers set up their stands and prepare for shoppers to arrive. Amy, the baker at the Busy Bee Café, has a very special meal in mind-and, of course, all the farmers show up at the café to enjoy the results of their hard work.



Choose your prize:
 Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR *3 AMC Movie Tickets *AMC Yellow tickets not valid in California, New York & New Jersey.

Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.

Mail to: Cook Co. Farm Bureau
 Ag Adventures Word Search
 6438 Joliet Rd
 Countryside, IL 60525
 Fax to: 708-579-6056
 Email to: FBCooperator@gmail.com

Complete and submit an entry every month all in 2019 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies. Good luck!

July Word Search

N B M D M B E W S S P R F E S
 F A R M I N G P U I E Y S L U
 C L N H V W F P I M N P D B B
 I H H U F B P K U C E F N A U
 T C J U N O J S X C E I A T R
 Y E A C R R N W I P P R T E B
 S A G T T O O A R U E Z S G S
 H Q S I C P L C M L Y N Z E D
 H T U M K T U V T O O Z V V V
 W R N O Y V H A V E R C C X P
 F J Z C T E K R A M E N A W V
 K S R K N S U H M W H W I L B
 T O H S E R F K O O C X S N Z
 P V X B X H E R B S E U Y C G
 O I U P H R B T Y T J T M P J

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|-----------|----------------|
| City | Morning |
| Consumer | Recipe |
| Cookfresh | Specialty Crop |
| Farming | Stands |
| Fruit | Suburbs |
| Herbs | Support |
| Local | Sweet Corn |
| Market | Vegetable |

Name: _____
 Phone #: _____
 Membership #: _____
 (Membership # is located on front of paper)

If you were to win, check your preference:
 ___ Beggar's Pizza GC ___ HRI GC ___ 3 Movie Tix
 (If a choice is not made, movie tickets will be sent)

Last Month's Word
 Search Winner Is..

Howard Kuzelka Yay!

Deadline is the 20th of each month.