

THE FARMERS' MARKET AT THE X

Sponsored by Concerned Citizens for Springfield
Belle Rita Novak, Market Manager



Photo by The Kitchen Garden

Recipe



Applesauce Cake with Caramel Icing

- 1 1/2 cups applesauce
- 1 cup sugar
- 1/2 cup cold butter,
margarine, or shortening
- 2 cups all-purpose flour
- 1/2 cup raisins
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 1/2 tsp. ground nutmeg
- ICING, OPTIONAL
- 1/3 cup brown sugar
- 3 T nonfat milk
- 1 tsp vanilla
- 1/2 C confectioners' sugar
- For the Cake---
- Preheat oven to 350 F.
- Lightly coat two round 8"
round cake pans or 1 9x5x3

FROM THE MARKET MANAGER

A friend of mine had major foot surgery recently, so she's hired me to do some things for her while she is incapacitated. One of the things I'm doing is cooking. I made minestrone soup one day and the next day she told me that it was terrific, and she said that she liked my recipe. Well, I don't use a "recipe" except that I've made it many times so know what goes into it.

Minestrone is an Italian vegetable soup. I told her that the reason it was so good was because I used lots of local vegetables in it. So, I encourage you to make vegetable soup and load it up with vegetables from the market. I don't use turnips or eggplant, but do use a variety.



The gift basket that we are raffling off from Cozy Eats is worth about \$100. You can buy a raffle ticket at the market table for \$3. We will raffle it off at the end of September.

loaf pan. Place the sugar and butter in a large bowl. Beat the butter and sugar until they are thoroughly blended and the mixture is light and fluffy. Add the applesauce. Add the flour, raisins, baking soda, cinnamon, cloves, and nutmeg to the apple mixture and mix well. Pour the batter into the pan(s). Bake until a toothpick inserted in the center comes out clean (about 30 minutes for cake pans or 45 minutes for the loaf pan.)

FOR THE ICING--

Place the brown sugar, butter, milk, and vanilla extract in a small saucepan. Heat on medium until the mixture boils. Remove the pan from the heat and cool to room temperature. Stir the sifted confectioners' sugar into the brown sugar mixture. If it becomes too thick to spread on the cake add a little more milk and stir until the desired consistency is reached. This frosting is very rich so it is only meant to be on top of

the cake, not on the sides if you are making a layer cake.

This cake has NO eggs in it; it is not a mis-print.



WINE TASTING

Hickory Dell Farm is hosting another wine tasting on Wednesday, September 30th. If you'd like more details, speak to Faye at the market, or go to their website HickoryDell.com. Reservations are necessary.



CABRITO

Young goat is called cabrito. I am told that it tastes like lamb. Barnum-Buckley Farm now has some.



APPLE PICKING SEASON

Pick up a copy of the Locally Grown farm products guide at the market table and use it to help you find a place to pick apples. Outlook Farm offers it as do many others also. It's a great activity for families to do together.



MARKET CALENDAR

Our market continues through October. Gives those of you who use coupons plenty of time to use them.



VOTE! VOTE! VOTE!

For six wards in Springfield, today is primary day. So, if there is a contest for City Council in your ward, please stop by your polling place and vote.



JEWISH NEW YEAR

This Friday evening the year 5770 begins on the Jewish calendar. It is traditional to begin the meal with apples dipped in honey for a sweet year. So, even if you aren't Jewish, I wish you a sweet year. Can't have too many good wishes.



DEBIT/CREDIT/EBT

Last month we paid over \$50 in service fees for the wireless transfer machine and transactions. If you'd like to make a small contribution when using a card, it will help us with the costs. Thanks in advance.