



Local Food . Deli . Art



Driftless Mind Body & Soup

DRIFTLESS MARKET

95 West Main Street * Platteville, WI 53818

608-348-2696 * www.driftlessmarket.com

MID WINTER 2013

Special Items of Interest:

- *Main Street Sustainability Committee Meeting - Wed. Jan. 16th, 6pm at Driftless*
- *Beautiful Abundance Poetry Reading, Sat. Jan 26th 7pm*
- *Creative Bike Rack Contest - Deadline January 30th.*
- *Wisconsin Local Food Summit - Feb. 1 and 2*
www.wilocalfood.wordpress.com/summits/summit-2013/
- *Valentines Treats from Driftless Heart Healthy Foods, Self Watering Planters & of course - CHOCOLATE!*
- *Ayurveda Workshop Series - Feb & Mar at Driftless - see details below.*
- *Platteville Winter Farmers Market : 1st and 3rd Sat. of each month, Nov. - April, 8am - Noon, at Trinity Episcopal Church community room. 210 Market Street. Platteville*
Watch for the Market Sign!

Winter 2013 - Produce - Weather - Health

We aren't the only spot with weird weather. Out in California, Arizona and Mexico temperatures have plummeted down to the 20s and 30s. These are the prime growing areas for our winter produce: new crops of broccoli, celery, peppers, tomatoes, cucumbers and more are suffering. If temps don't fall too low or stay low too long, we may see recovery. If this cold lasts 3 or 4 days, crops will die. What this means for Driftless Market produce is uncertain. We have lots of great storage crops: potatoes, turnips, carrots and

onions. We do not know what quality we will receive of delicate greens like lettuce and spinach. The other problem will be price. Even though quality is poor, demand is high so prices also rise. Let's hope for a short freeze and back to normal for the new plantings. On a brighter note, Florida is not affected by the cold right now so our citrus season is in good shape. Driftless has a lovely variety of oranges, tangelos, grapefruit, lemons and limes.



Excellent food sources of vitamin C include broccoli, bell peppers, parsley, Brussels sprouts, cauliflower, kiwifruit, kale, cabbage, oranges, grapefruit, pineapple, chard, tomatoes, spinach, fennel, and winter squash.

Get your vitamin C boost today!



Beautiful Abundance
Spoken Word Poetry
with Hannah Adams
January 26th - 7pm at the Driftless Market

Ayurveda ~ Sharing its secrets to bring balance

Do you want to bring more balance and harmony into your life? Join us at the Driftless Market for a series of sessions exploring the concepts and practices of Ayurveda. Ayurvedic medicine has been practiced in India for over 5000 years with principles to prevent disease, maintain health and bring rejuvenation to the body/mind/spirit. It's about living in harmony with your own nature/constitution. Join Mary Ann Shultz, Ayurveda Educator

Tuesdays from 5:30 – 7:00pm Driftless Market lower level - 95 W Main Street
Pre-registration is requested. You must attend the Basics session to continue the series.

Feb. 5th ~ Ayurveda Basics - Cost – FREE

Feb. 12th ~ Winter Season - Cost- \$15

Feb. 19th ~ Digestion & Good Health - Cost- \$15

March 5th ~ Ayurveda Basics - Cost – FREE

March 12th ~ Daily Routine : Important for good health and longevity! - Cost- \$15

March 19th ~ 6 Tastes and Ayurveda - Cost- \$15

Click for link to [poster and full session descriptions!](#)



Submit a Special Order

As a smaller grocery we are not always able to carry the variety of products that you might find at a larger location. With that said, we love to hear your suggestions and are happy to explore placing a special order for you. You can send your requests to us by selecting the Submit a Special Order button on the home page of our website - <http://www.driftlessmarket.com/special-order>



Creative Bike Rack Contest:

The Platteville Main Street Programs Sustainability Committee is seeking Creative Placemaking Design Proposals for functional public art bike racks to enhance our historic Main Street district and improve bike and pedestrian friendliness in downtown Platteville. There is a total award of \$750 (\$500 prize and \$250 for materials and bike rack fabrication). **PROPOSALS DUE JANUARY 30th, 2013**

For more information visit www.plattevillemainstreet.com or email: plattevillebikecontest@gmail.com

Click Link for [RFP / Application](#)

Soup Recipe: [More recipes online](#)

FRESH

Simple Greens and Beans Soup

1-2 bunches kale or collards, stems removed and chopped
3 Tbsp Sesame or Canola oil
1 large onion, chopped
1 Tbsp garlic, minced
1 cup celery, chopped
1 cup mushrooms, sliced (optional)
4 cups garbanzo or red beans, drained and rinsed
6 cups water
Salt and pepper to taste

Heat oil in a large skillet; add onions, garlic, celery, mushrooms and peppers and sauté until soft. Add water, kale and beans. Bring to boil then reduce heat and simmer 15 minutes.

Kale or borecole is a form of cabbage (*Brassica oleracea* Acephala Group), green or purple, in which the central leaves do not form a head. It is considered to be closer to wild cabbage than most domesticated forms. The species *Brassica oleracea* contains a wide array of vegetables, including broccoli, cauliflower, collard greens, and Brussels sprouts.



Thinking about Joining a CSA?



Two Onion Farm
Community supported agriculture

Two Onion Farm is located on 12 acres in Belmont, Wisconsin. Chris and Juli McGuire have owned and managed the farm since 2003: Together with our young children and several employees from our area, we carefully raise your vegetables from seed to beautiful, abundant harvest. Our goals are to feed our community with delicious, nourishing produce; to preserve our soil and environment; and to provide our family and farmworkers with

meaningful, skilled, healthful work.

Two Onion Farm is now accepting members for the 2013 season. [Read more about their CSA program.](#)
www.twoonionfarm.com



Marr's Valley View Farm offers a year round Meat CSA featuring beef, lamb, pork, & poultry from family farms located in SW WI. They deliver monthly. For more info. contact Lois at federman@charter.net

SEED SAVERS EXCHANGE

Love eating your greens? You might also like growing your own greens. Watch for Seed Savers Seed display later in January!



Featured Local Vendor:



Lonesome Stone Milling began in June 2009 with the purchase of a grain seed cleaner. After cleaning crops for farmers for several months, an idea sparked to create a pancake mix from wheat and rye. Our friends and family loved it so we began selling it at farmers' markets. In 2010, we bought a Meadows stone burr mill so we could grind our products ourselves on site. This led to more delicious whole-grain products and partnerships with several of our nearby farmers here in south-west Wisconsin's beautiful and fertile Driftless region.

Today we sell whole-grain flours as well as our popular pancake mix, cornbread mix and hot cereal mix. Each package is traceable back to the

farmer who grew the grain and most of our products are certified organic. The flavor, freshness and quality draw our customers back.

The Driftless Market now regularly sells these local flours. We carry the Bulk Organic Whole Wheat Flour, Bulk Whole Wheat Pastry flour, the packaged whole grain pancake mix and corn bread mix.

Tom Martin and his family run Mountain Lane Farm outside of Wauzeka, WI. Tom raises grains, forages and beef.



www.lonesomestonemilling.com

Quinoa & Black Bean Salad

1 ½ Cup Quinoa
3 Cup Water
2 tsp. Cumin
6-7 T Lime Juice
8 T Olive Oil
Salt & Pepper to taste

1 Can Black Beans
1 Cup Chopped Cilantro
1 Small Red Onion, diced
2 Red Peppers, diced
1 Cup Crumbled Feta



In medium pan, combine Quinoa, water, salt and bring to boil. Cover & simmer over low heat until water is evaporated (15 minutes). Spread Quinoa on a baking sheet for 20 minutes to cool. Combine oil, lime juice, cumin, salt & pepper. Set aside. Combine cooled quinoa, chopped cilantro, red pepper, red onion, rinsed black beans, feta, and dressing (oil mixture) ENJOY!!!!

Nutritional evaluations of quinoa indicate that it is a complete protein, a good source of dietary fiber and phosphorus and is high in magnesium and iron. Quinoa is a source of calcium, and thus useful for vegans and those who are lactose intolerant. Quinoa is gluten-free and considered easy to digest.

Hibiscus Blend Tea

4 cups water
4 teaspoons hibiscus flowers
1 teaspoon spearmint leaves
Optional: 1 vanilla bean, 3 cloves, and 1 stick cinnamon
Directions: Boil water and pour over remaining ingredients.

Steep for 10 minutes, then strain.

**Sweeten with honey and serve hot or iced.



High Vitamin C