



Twin Towns Gardeners' Market

Wahpeton, ND / Breckenridge, MN

CSA Program

The vendors of the Twin Towns Gardeners' Market are proud to continue the Community Shared Agriculture (CSA) program that was started last year. Our program is a little different than some of the others out there because we are bringing a lot of different expertise together to create a package that fits the way you eat. We have several different options like vegetables, eggs, snacks, breads, and meats. You can pick and choose the items that you like.

The CSA program is offered early in the year to allow produce growers time to prepare the items that you want to see in your share.

When you buy a share, it is like buying a piece of the

farm/bakery/etc. for the season. All of our items will be provided from local vendors. People you can talk to about how it was raised, how to use it, and what you enjoy about it.

Purchasing a CSA share also provides some stability for your producer so you can receive a well-planned product throughout the season.

Full and half shares are available. A discount is available for shares purchased before March 31, 2012.



For more information about the CSA program or to sign up for a share, use the Web links at the end of this article.

If you have any questions, please contact me.

Daryl Traeger
Market Manager
701-210-0176
Daryl@TwinTownsMarket.org

We are looking forward to providing the best local foods available to you. Your partnership helps to ensure that great foods will be available in the future.

Web links:

CSA Information: http://www.twintownsmarket.org/pdf/2012/CSA_Info.pdf
CSA Share Information: http://www.twintownsmarket.org/pdf/2012/Share_Order.pdf

Winter Market

Join us for our monthly winter markets! We're setting up shop in Town Centre Square on the first Thursday of each month, starting at 5 P.M.

Markets will be held through June. Come and see how local you can be, even in the winter!



March 2012

Inside this issue:

TTGM Vendor Profile	2
Eating Seasonally	2
Found at the Market	2

We're on the Web!

www.twintownsmarket.org



Daryl Traeger
Market Manager
Daryl@TwinTownsMarket.org

Penny Seifert
Newsletter Editor
Penny.ttg@gmail.com

Emmy Tolbert
Writer and Photographer

Upcoming markets:

- March 1, 2012
- April 5, 2012
- May 3, 2012
- June 7, 2012

TTGM Vendor Profile

Stephanie Blazek

Business Name: Blazek Family Farms

Contact Information: Kevin or Stephanie Blazek,
701-439-2848

Where are you from: North of Wyndmere

What do you sell: Bread, jam, jelly, fruits and vegetables

How did you get started: Twelve years ago we started gardening for ourselves, and each year we grew a little more.

Why did you decide to sell at the market: \$\$\$ (Money!) and something for our family to do together and provide a way for the kids to earn some money.

Do you have any other interests or hobbies: I like to read, play Backgammon and Sorry, and try new recipes. I like to garden

and grow things wherever I can find the space to do it. I love my kids and my husband and spending time doing things they like to do. I like to cook for them.

What makes you special: I am interested in eating, cooking and baking with whole foods, without much processing. I like to make bread for the market with organic or natural ingredients that are chemical-free and not genetically modified. I grind wheat fresh the day I bake the bread for recipes calling for whole wheat. I like to spend time looking for new recipes that will be healthy and tasty! I also like to use my own fruit when able, picked and washed by our hands, and made fresh the day we pick it for jellies and jams.

What have been your trials and rewards: Our family is busy with many things, and sometimes it is a challenge to fit in everything. Sometimes a timer gets forgotten and the bread gets too done. When I have spent the time to knead it, and raise it, and it can't be brought to market, I am disappointed. It is rewarding to work together with my children. They are a tremendous help in all parts of our gardening, baking and jelly making. They help set up and take down at the market and are my best encouragers because they love to eat everything I make! The money we make goes for special projects like going skiing, family camps, and other activities that we enjoy.

What is your favorite part of the market: People and their delight in home made! I like the social part of the market too, talking to people and getting to know them."

By Emmy Tolbert



Eating Seasonally

Stephanie's version of Chef Rick's Classic French Bread

I found this recipe online and it is one of my favorites to eat with soup or just as a snack. We like to cut it open, butter it and sprinkle with garlic powder for the best flavor. This bread is so easy to make and rises so well.

2 cups all-purpose flour	1 1/4 cups warm water
1 cup whole wheat flour	1 1/2 TBSP yeast
1 1/2 tsp salt	
1 TBSP honey	

In a standing mixer fitted with a dough hook, add the flour, salt, and honey. Whip until combined.

Add the yeast and the water and allow to sit for 15 minutes. Add the yeast water to the flour mixture and beat until well mixed. Put the mixing bowl in a warm place, cover and let rise until doubled in size. (This shouldn't take long, it is a fast rising dough). Punch the dough down and divide into 6 equal parts. Form into 6 (6-inch) loaves, place on greased pan, cut 3 slashes in each one with a knife, cover and allow them to double in size.

Preheat the oven to 375 degrees F. Bake 15 minutes, until light brown.

Tip: Leaving the dough somewhat sticky before rising makes a wonderful, workable dough.

Found at the market

