

# Downey Farmers' Market

Every Saturday in Downtown Downey



## EATING LOCALLY, THINKING GLOBALLY

### WHAT'S AVAILABLE THIS MONTH

Fresh, healthy foods available this month

Apples, cider and apple butter

Avocados

Broccoli, cauliflower and cabbage

Brussel sprouts

Mushrooms

Spinach and kale

Citrus:

Grapefruit

Lemons

Oranges (Navel)

Tangerines

Tangelos

Root vegetables:

Carrots

Parsnips

Potatoes

Turnips

Rutabagas



### Buying locally-grown foods supports the local economy

Eating local supports Southern California's economy. According to a study by the New Economics Foundation in London, a dollar spent locally generates twice as much income for the local economy. When businesses are not owned locally, money leaves the community at every transaction.

Locally grown produce is fresher. Produce that you purchase at your local farmer's market has often been picked within 24 hours of your purchase. This freshness not only affects the taste of your food, but the nutritional value which declines with time.

Locally grown fruits and vegetables have longer to ripen. Because they are handled less, locally grown fruit and vegetable varieties are planted for their taste, not simply for their ability to stand up to the rigors of shipping.

Buying local food keeps us in touch with the seasons. By eating with the seasons, we are eating foods when they are at their peak taste, are the most abundant, and the least expensive.

Buying locally grown food is fodder for a wonderful story. Whether it's the farmer who brings local apples to market or the baker who makes local bread, knowing part of the story about your food is a powerful part of enjoying a meal.



### Roasted Root-Vegetable Hash

1 lb rutabagas, small-diced

1 lb parsnips, small-diced

1 lb turnips, small-diced

1 lb carrots, small-diced

1 onion, small-diced

1/4 lb bacon

1 tbs garlic, chopped

3 tbs parsley, chopped

Salt and pepper to taste

In a large, non-stick sauté pan, cook the bacon over low heat. When crisp, remove. Heat olive oil and sauté the onion and garlic until soft. Add all of the vegetables and cook slowly until the vegetables are soft. Season with salt and pepper, add the parsley and rendered bacon and enjoy.

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## Celery and Mushroom Salad with Parmigiano-Reggiano

- 16 inner celery ribs with leaves (from 2 to 3 bunches)
- ½ lb crimini mushrooms, trimmed and thinly sliced
- 1 ½ tbs fresh lemon juice or to taste
- ¾ tsp salt
- 6 tbs extra virgin olive oil
- ¼ lb piece Parmigiano-Reggiano

Thinly slice celery ribs diagonally and coarsely chop leaves. Toss with mushrooms in a large bowl.

To make the dressing whisk together lemon juice and salt in a small bowl, then add oil in a slow stream, whisking until well combined.

Add dressing to celery and mushrooms, tossing to coat, then shave large pieces of cheese onto salad with a vegetable peeler and gently toss. Serves 8



## Spiced Roasted Cauliflower

- 1 large head cauliflower (about 3 pounds), cut into florets
- 4 tbsp unsalted butter, melted (or 4 tsp olive oil)
- 1 tsp sugar
- ½ tsp salt
- ½ tsp freshly ground pepper
- ½ tsp hot paprika
- ¼ tsp cinnamon
- ½ tsp ground coriander
- Coarse salt, for sprinkling

Preheat oven to 475 degrees.

In a large bowl, toss cauliflower with butter or oil, coating evenly. In a small bowl, combine sugar, salt and spices and mix cauliflower with hands, ensuring that spice mixture has been evenly distributed.

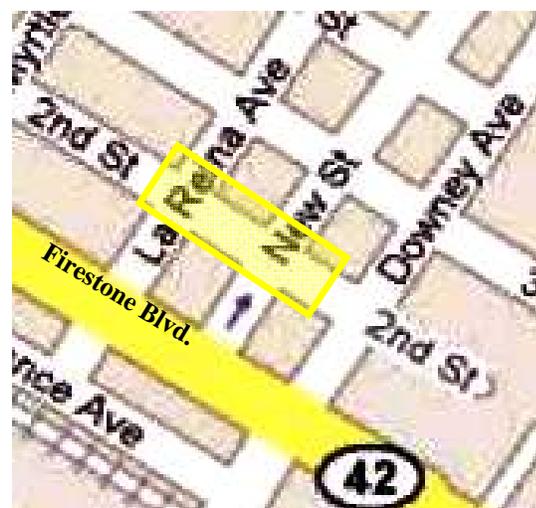
Spread florets on a baking sheet in a single layer and roast in oven until fork tender, at least 15 minutes. Serve in a bowl as a side dish or with toothpicks, as a party snack

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## Downey Farmers' Market Open Every Saturday

Downey Farmers' Market is on Second Street, between New St. and La Reina Ave. Free parking is available in the adjacent parking structure.

Market hours are 9AM to 1PM — EVERY SATURDAY!



To add your name to the mailing list, send a blank email with "subscribe" in the subject.

Questions or comments? E-mail us at [farmersmarket@downeyca.org](mailto:farmersmarket@downeyca.org) or call 562-904-7284.