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TASTE

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the **Y** YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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JUMP IN AND BECOME A PART OF THE FIRST WAVE!

Charter Member registration for the YMCA at the Essentia Wellness Center opens August 12th



Farmers markets



For my money, there's no happier place than a farmers market. I love the long tables piled with the freshest seasonal produce and the friendly growers right there to sell it to me. The shoppers



BONNIE AMBROSI
The Vegan Cookbook Club

are cheerful. The atmosphere is festive and summery.

My husband and I usually attend the Duluth Farmers Market. It's the oldest farmers market in town, open since 1911, housed in a long, low red barn that is charming and cool in summer and offers protection from the elements. Recent years have seen the addition of several other seasonal farmers markets in Duluth, increasing your choice of days and times to buy local produce direct from the growers.

At a farmers market, you will typically find in-season produce, flowers, preserves (jams, jellies, kraut, kimchee, etc.) and baked goods. The produce will include varieties that you never see at the grocery store. Depending on the market, you may also find local cheeses, locally roasted coffees, local honey, wild rice, mushrooms, crafts such as jewelry and hair scrunchies, hand-made body care products, pottery and more.

Sometimes there are one or more local musicians as well, and I have been known

to pull up a chair and sing along with the guitarist playing "Red River Valley" or clog a bit to a fiddler's tune. (If you know me, you can totally picture this.)

But back to shopping: heaps of fresh, local vegetables are hard to resist, and you may find yourself heading home from the market with more produce than you know what to do with. Almost any vegan cookbook will be full of ideas for using lots of fresh veg, so pay a visit to your local public library. Or you can search "vegan farmers

are a COOK's HAPPY PLACE



TOP: This is what we bought on one August Saturday morning at the Duluth Farmers Market. LEFT & ABOVE: Bread and butter pickles and salsa cruda are made with farmers market produce. Photos by Emma Ambrosi / For the News Tribune

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Join us at The Breeze Inn for Sunday Funday! Award winning Bloody Marys, Burgers & Live Music at 4:30PM!



Southwest Burger



Onion Rings



Kate's Bloody Marys



Cheese Curds



Juicy Reuben Melt

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