Dear Lindsay,

Well hello there sunshine, we haven't seen you in a while. But with sunny skies forecasted for most of the week, it's the perfect time to head outdoors. There's plenty to be done in the garden, fresh berries and cherries are ripe for the picking, and you can dine out at an upcoming Local Flavors dinner or lunch to get the very best flavors of the season. Now finish reading this newsletter and get yourself outdoors!

Local Flavors Dinner Menus, June 19th

Come get a taste of Central Illinois during the first round of Local Flavors dinners on **Thursday, June 19th** in Bloomington-Normal, Springfield, Champaign-Urbana, and Peoria. Check out the top-notch restaurants below and their menus chock-full of fresh, delicious produce straight from Central Illinois farmers.

**Bloomington-Normal: **[Lancasters](#)
Spinach Salad with Egg, Red Onion, Tomato, Feta, and Hot Bacon Dressing
{The Garden god— a local gardener}
Small -$4- Large -$8-

Grilled Pork Chop with Asian Glaze
{Huelskoetter Pork}
- $18 -

Strawberries with Amaretto Cream
{Appleridge Produce Farm}
- $6 -

Mojitos
{with Fresh Mint from Jan Lancaster’s Garden}
- $7-

Sources:
"The Garden god" (nickname for a local gardener): spinach
Huelskoetter Pork: pork chop
Appleridge Produce Farm: strawberries
Jan Lancaster’s Garden: mint

Champaign-Urbana: Escobar's Restaurant
Escobar’s

Appetizer
Goat cheese and black bean pupusa
{Prairie Fruits Farm}

Salads
Crispy egg, grilled asparagus, avocado on mixed greens
{Blue Moon Farm}
Mixed green salad with choice of home-made dressings
{Blue Moon Farm}

Entrees
Center cut bone-in pork chop, pibil style
{Gibson City Meats}
Grilled New York Strip Steak ranchero w/ a fried egg
{Gibson City Meats}

Dessert
Home made gelato with Kilgus milk and cream
{Kilgus Farm & Local Eggs}

Sources:
Blue Moon Farm: greens, eggs, asparagus
Gibson City Meats: pork chop, new york strip steak
Prairie Fruits Farm: goat cheese
Kilgus Farmstead: Milk, cream

Springfield: American Harvest Eatery
Menu to be determined

Peoria: The Creek On State
Menu to be determined

Menus for Springfield and Peoria are unavailable at this time. Please check the [ISA facebook page](https://www.facebook.com/ISAFlavors) before June 19th for menu updates. Due to the nature of sourcing local food, often times restaurants may not have a set menu until a couple days, or even just one day, before their Local Flavors event. Rest assured that this only means you will be getting the freshest of the fresh local produce.

Mark Your Calendars

Be sure to mark your calendars for future Local Flavors events in your area. There will be one lunch and one dinner each month from June through October. Lunches will be on the first Tuesday of each month, dinners will be on the third Thursday of each month. So grab your friends, grab your family, grab your date, and dine out for Local Flavors. Your taste buds will thank you!
BFBL Welcomes our Newest Member!

The Buy Fresh Buy Local campaign welcomes its newest members. Be sure to read all about them on their websites, or even better, go for a visit!

**Triple M Farms: Mariah's Mums and More, LLC**
Mariah and Greg Anderson
16727 Airport Rd.

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**Local Flavor 2014 Menus, Summer Shindig, The Golden Beet, and More. Don’t miss it!**

[https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1117627159320&archive=true&print=true](https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1117627159320&archive=true&print=true)
We strive to produce the best possible plants and produce through viable based agricultural practices. We have grown mums since 2009, but now we are growing bedding plants, hanging baskets, cut flowers and fresh, healthy, and delicious produce, while providing a link to the farm where it is grown.

Product Availability: Farmstand, CSA

www.mariahsmums.com
www.facebook/mariahsmums

Summer Shindig

Illinois Stewardship Alliance (ISA), hosts of Local Flavors and the Buy Fresh Buy Local campaign, is throwing a party. As a thank you to all of our current member for thier dedicated support throughout the year, ISA will be hosting a Summer Shindig at Danenberger Family Vineyards. With free food, music, local libations, and of course, excellent company, what’s not to love? Register today because this will be one event you won't want to miss. Not an ISA member, but you don't want to miss out on the fun? Membership starts at just $15. Join Today!
Featured Recipe: Jam Jar Desserts

By: Katelynn Essig and Molly Gleason

Ahh, it's finally summer. The flowers are blooming, the grass is green, and the recent rains have been a blessing for our beautiful fruits and vegetables. We all have our usual favorite summer meals, and if we can help it, everything goes on the grill. One of my favorite things about summer is I can have a ton of desserts because the fruits in season automatically make me feel less bad for eating them... all of them. It may be hard to pull you away from your favorite classics but I think once you make a Jam Jar Dessert, it'll go to the top of your favorites list. Perfect for picnics, parties, and brunches, these little cuties are just chic enough to class up any occasion and simple enough to make you like look the next Iron Chef without all the fuss. You can take it anywhere, add as many layers as you'd like, add flavored liqueurs for an added "taste" bonus, and keep it seasonal with your favorite fruits.
Amazing organic strawberries from Mulberry Lane Farms

Strawberries will be in season until the end of June (so get them while their local and delicious! Handy tip: You can tell when a strawberry is locally grown because it will be red all the way through. Strawberries shipped in from out-of-state will be white in the center). Cherries are available June through the end of July. The first blueberries and raspberries should be coming up quick (late June) and will hang around until late August. Look for blackberries, peaches, and melons starting in July. Check your local farmer's markets to get the freshest fruit, or hit up our Buy Fresh Buy Local Directory to find out where your favorite fruits are being grown and head out for a day trip to the farm.

Jam Jar Desserts
Recipe Courtesy of Polly Bedford of Hedgehog Kitchen in Bloomington. Polly offers cooking classes to Green Top Grocery members as member as they wait for their new store to become a reality. You can learn more about the Green Top Grocery Food Co-op and how to become a member here.

Jam jars are the perfect little treat to bring on a picnic or to a gathering as they are easily transported with the lids on. There's no need to be fussy about any of this and they can be tossed together at the last minute or partially assembled and refrigerated. Add the topping and garnish right before serving.

Essential Equipment

- Wide-mouth, quarter or half pint canning jars
- Metal bands and lids (optional for presentation and storage)

**The Base**
The base of the dessert can be any number of things and provides texture.

- Brownies, cookies, pound cake, angel food cake, sponge cake, gingerbread, biscotti, cooked meringues, ladyfingers, graham crackers, ground nuts, granola

Tear, grind, cut or crumble the base layer. Place 1/4-1/2 inch of base in the bottom of the canning jar and press gently into place. Ground nuts and cookies might benefit from mixing with a tablespoon or two of melted butter prior to pressing in place.

**Added Flavor**
Some bases can absorb another layer of flavor. Toss prepared cake or ladyfingers with a few teaspoons or tablespoons (depending on potency) of:

- Espresso or coffee, Flavored syrups, Simple syrups, Triple Sec, Grand Marnier, Rum, Dessert or fruit liqueurs, Extracts

**The Middle Layer**
This layer should complement the base but offers creaminess for balance. Puddings, curds, jam or chopped fruit can be mixed with a bit of whipped cream for added subtlety. Use one or two layers for the middle, mixing textures and tastes.

- Chopped or macerated fruit, Pudding or custard, Fruit curd, Marshmallow fluff, Ice cream (thaw slightly), Greek yogurt, Jam, Crème fraiche, Whipped cream, Mascarpone, Sweetened condensed milk, Nut butters

Spoon the middle layer over the base. Cover and refrigerate if serving later or add one of the following toppings:

**The Topping**
This needs a bit of body to hold the weight of garnishes and is frequently interchangeable with the middle layer.

- Whipped cream, Marshmallow fluff, Greek yogurt, Crème fraiche, Chopped, macerated, or poached fruit.

Place a dollop of topping on the middle layer and add:
The Garnish
A garnish should compliment and hint at what is underneath the layers. Restraint!

- Whole or chopped nuts, citrus zest, fresh herbs, edible flowers, chocolate curls, meringue, mini chocolate chips, crystallized ginger, candied citrus, candied violets, crumbled or whole cookies, berries, maraschino, cherries, mini-marshmallows, sliced or poached fruit, crumbled of chopped candy, dusting of cocoa powder, cacao nibs, dried fruit (chopped), lavender buds, melted chocolate, chocolate syrup, caramel or dulce de leche sauce, toasted coconut, drizzled honey or honeycomb, raw sugar crystals

Make Ahead & Leftovers
Base and middle layers can be layered, covered and refrigerated (frozen in the case of ice cream) 6-8 hours in advance. Add the topping and garnish right before serving. Feeling brave? Set out a variety of base, middle and topping layers and let guests create their own combinations. Try savory combinations for portable picnics: layer salads in the jars by combining leafy greens, vegetables, meats and dressings. Refrigerate and use within 1-2 days but it's highly unlikely that there will be leftovers!

The Golden Beet: Call for Applicants

We're looking for innovative farmers, teachers, citizens, restaurants, organizations, and institutions that are making a difference when it comes to local food. Growing the local food movement and strengthening our local communities is an effort that deserves to be recognized. Know some one that should be honored with a Golden Beet Award? Help them get the recognition they deserve and complete the brief Golden Beet Application today.
Join Illinois Stewardship Alliance in recognizing the creative, innovative and pioneering local food activities in Illinois.

Why “Golden Beet” you ask? Well, awards are usually shiny and used for recognizing exemplary achievements. We think the brilliant hue of golden beets with their unique standing in the world of edible plants represents the perfect symbol for honoring the innovators in Illinois. A symbol for relishing the activities in Illinois that are paving the way for the development of local food systems. Food systems that feed us and feed our soils. Fresh. Healthy. Delicious. Community building and economy stimulating food. Nominate a person, organization or business doing something fresh in your community.

- **Farm to School**
  Types of Activities: school gardens, local food curriculum, local food procurement
  Possible Entities: school districts, schools, teachers, students, administrators

- **Restaurants and Institutions**
  Types of Activities: use of local foods, marketing, procurement, product integration
  Possible Entities: restaurants, institutions, universities

- **Community Food Projects**
  Types of Activities: community gardens, local food policy councils
  Possible Entities: non-profit organizations, churches, community based organizations, collaborative efforts, citizens

- **Innovative Farmer**
  Types of Activities: community supported agriculture, direct marketing
  Possible Entities: Illinois farmers and local food producers

- **Scaling Up**
  Types of Activities: wholesale, processing, distribution, cooperatives
  Possible Entities: private businesses, non-profit organizations

- **Other Varieties**
  Have a nominee that doesn’t fit into the other categories? Use this one!

Go to www.ilstowards.org to learn more or nominate someone in your community.

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**Local Food and Farm Events**
To view the full calendar of events, click on the calendar image at left.

**6/16 - Good Agricultural Practices Webinar - 6pm-8pm**
The U of I Extension will be hosting the Good Agricultural Practices Webinar Series every Monday from June 2-June 23, 2014 from 6pm-8pm. The webinar is designed to provide information to growers on how to keep produce safe from production to the market.

https://web.extension.illinois.edu/registration/?RegistrationID=9627

**6/19 - Local Flavors Dinners!**
It's the kickoff of the first Local Flavors Dinners. Enjoy farm-fresh fare from your favorite restaurants across Central Illinois by visiting the following restaurants for dinner on June 3rd: American Harvest in Springfield, Lancasters in Bloomington-Normal, The Creek in Peoria, and Escobar's in Champaign-Urbana.

Local Flavors is a farm-to-table series connecting Illinois growers and producers with local restaurants. The series opens new markets for local growers, gives restaurants an opportunity to work with local growers while receiving high quality products, and gives diners a taste of Central Illinois.

http://www.ilstewards.org/local-food-promotion/local-flavors/

**6/21 - ISA Tabling at Peoria Riverfront Market - 7am-12pm**
Come see ISA at Peoria's Riverfront Market! We will be there from 7am-12pm providing information to Peoria residents and selling ISA T-shirts and cookbooks for $20!

http://www.peoriariverfront.com/?section=15

**6/22 - ISA Summer Shindig - New Berlin, IL - 3pm-6pm**
We love our members. We do! And as a token of appreciation for all their dedication and support, we’re throwing a Summer Shindig! Join us at Danenberger Family Vineyards for an evening of local food and libations, live music, and great company. The event is FREE for members and $10 for non-members, so grab your friends, family, party hats and meet us there!


**6/22 - Logan Ag. Flavors - Taste of Logan County Ag farmers - Lincoln, IL - 2pm-5pm**
Come out and try various products of Logan County Farmers at the Farm Bureau Building in Lincoln! 120 South McLean Street.

**6/23 - Agritourism Intensive Workshop - Champaign, IL - Mon-Wed - 9am-2pm**
Join us at Prairie Fruits Farm and Creamery in Champaign, IL to explore the practices, marketing, economics, and legal issues surrounding agritourism in a three-day intensive training event. A limited number of spots on the Tuesday farm tour day will be open to the general public.

http://thelandconnection.org/farmers/farmer-training-intensives/agritourism
6/23 - Good Agricultural Practices Webinar - 6pm-8pm
The U of I Extension will be hosting the Good Agricultural Practices Webinar Series every Monday from June 2-June 23, 2014 from 6pm-8pm. The webinar is designed to provide information to growers on how to keep produce safe from production to the market.
https://web.extension.illinois.edu/registration/?RegistrationID=9627

6/24 - Eat Real at the Market on Koke Mill
Join genHkids Executive Chef Denise Perry at The Market on Koke Mill, Tuesday June 24th starting at 6:00 p.m. for a wonderful demonstration and meal! Enjoy an evening out learning with our gifted chef and sampling some delightful wine pairings to complement your dinner! You will also be provided with ingredients (serves 4) to re-create the menu at home!
Class spots are limited and advanced reservations are required, so RSVP today! Jen Dillman at jen@genHkids.org or 217-691-0592

6/26 Herb Gardening Workshop-Lincoln Land Community College- 9am-12pm
The workshop is being held in the Workforce Careers Center at the LLCC-Springfield campus, 5250 Shepherd Road. The hands-on workshop is designed for individuals looking for ideas, inspiration, and practical strategies to design and plant an herb garden. Workshop instructor Deborah Lee, owner of Four Winds Farm in Quincy and former president of the Illinois Herb Association, will focus on a variety of herbs grown for culinary uses and healthful applications.
http://www.llcc.edu/greencenter

6/28 - Ropp Jersey Cheese Farm Day
On Saturday, June 28th, we will be celebrating June Dairy Month. Food, hay rides, games and a cheese carving contest are planned for throughout the day. The cheese carving contestants will include Dan Brady, Tari Renner, Carrie Muehling-Vogel, and Gordon Ropp with the contest at 2pm. More details to come! Plan to bring out the family for fun and fellowship!!
http://www.roppcheese.com/

6/29 - Sugar Grove Family Farms Tour - Greenview, IL - 10am-2pm
Sugar Grove Family Farms is a fourth generation family farm. Chase Sanert, the youngest generation, is in his second year of operating the farm using beyond USDA Organic standards. The farm raises 100% grass-fed and finished beef, and heritage pork and pastured chicken on grass with supplemented GMO-free grain in natural environments for happy, healthy animals.
http://slowfoodspringfield.org/?ai1ec_event=673&instance_id=

6/29 - Soil in the City Conference - Chicago, IL - Mon-Wed - 7am-6pm
The theme of this conference is "restoring our available urban land and optimizing local resources, while protecting environmental and human health and enhancing socio-cultural dialogue." The conference will focus on three themes: (i) Urban Gardening, (ii) Green Infrastructures, and (iii) Greening Brownfields.
http://www.iweasite.org/Conferences/SoilCity.html

7/1 - Local Flavors Lunches
Enjoy farm-fresh fare from your favorite restaurants across Central Illinois by visiting the following restaurants for lunch on July 1st: Destihl Restaurant and Brew Works in Bloomington-Normal, Pizza M in Champaign-Urbana, Fresh Table in Peoria, and III Tomasso's Italian Restaurant in Springfield. The series opens new markets for local growers, gives restaurants an opportunity to work with local growers while receiving high quality products, and gives diners a taste of Central Illinois.

http://www.ilstewards.org/local-food-promotion/local-flavors/

**7/7 - Farm Dreams Workshop - Peoria**
Have you ever dreamed of starting your own farm business? Farm Dreams is an interactive workshop designed to help you learn what it takes to do just that. Participants meet experienced sustainable farmers, learn about different successful farm enterprises, and ask questions about the genesis and development of local sustainable farm businesses.

http://thelandconnection.org/farmers/farm-dreams-workshops

**7/12 - Spence Farm Foundation Field Day - 2-5pm**
Are you interested in seeing first-hand success stories of four Livingston County young farmers? Spence Farm Foundation is partnering with the Central Illinois Sustainable Farming Network to host a field day that will feature four young farmers sharing the challenges and successes of entering the agriculture business world.

http://spencefarmfoundation.org/field-days/seeding-the-next-generation-of-farmers/

Have an event that should be included on our event lineup? Email Molly at molly@ilstewards.org

**2013-2014 Buy Fresh Buy Local Directory Available Now!**

Going to a Local Flavors meal is just one way to enjoy the food grown right here in central Illinois. Other ways include buying the vegetables, meat, eggs, and fruit directly from the farmers themselves, checking out new restaurants with a commitment to local food, and visiting farmer's markets and local retailers where farm-fresh fare is sold. Check out our updated Buy Fresh Buy Local Central Illinois Directory for new farms, new restaurants and new producers in the area.

Click here to download a PDF of the directory.

Get Involved
Local Flavor 2014 Menus, Summer Shindig, The Golden Beet, and More. Don't miss it!

Donate
ISA is a non-profit organization. Your donations help us to continue our work in promoting local foods, fair policies, and conservation agriculture.
Donate Now

Become a Member
Be part of an Alliance of consumers, farmers and other local food system stakeholders working to increase production and consumption of local foods in Illinois
Learn More

Spread the word!
When you send this email to a friend, like us on Facebook, follow us on Twitter, or connect with us on LinkedIn, you are helping to increase awareness about local food causes in your community. Be a part of the movement and spread the word!

We hope to see you soon!

Sincerely,
Molly Gleason
Illinois Stewardship Alliance | 217-528-1563
isa@ilstewards.org | www.ilstewards.org
230 Broadway, Suite 200
Springfield, IL 62701

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