

SAUK COUNTY FARM CONNECT GUIDE

2020



FREE

welcome to the

Sauk County Farm Connect Guide

This special listing ties together Wisconsin's largest industry - agriculture - with another of its top segments - tourism. Everyone is welcome to shop at these local agribusinesses and in the process, put money into the pockets of the area's family farms.

Many consumers are now three to five generations removed from their agricultural roots. This guide aims to help reconnect people with the source of their food. By visiting these unique places and buying their products, consumers have a great opportunity to learn firsthand about agriculture today, the environmental care, respect practiced, attention to detail and quality of production.

Sauk County draws strength from its deep agricultural roots. Enjoy our rich heritage of diverse farms, classic barns, silos and windmills, and the exceptional beauty of our rural countryside. This publication is brought to you by your friends at UW Madison Division of Extension-Sauk County. Please call the Extension Sauk County office at 608-355-3250 if you would like to be featured in future Farm Connect Guides.

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Extension

UNIVERSITY OF WISCONSIN-MADISON
SAUK COUNTY

Find the 2020 Sauk County Farm Connect Guide at
<https://sauk.extension.wisc.edu/sauk-county-resource-guides>

SAUK COUNTY FARMERS MARKETS

BARABOO

Wednesdays and Saturdays, 7:30 AM - 1 PM

Located on the courthouse square in downtown Baraboo from May-October. Begun in 1986, the Baraboo Farmers' Market offers a broad selection of agricultural products from local growers and farmers, who must personally grow or produce everything they sell.

Contact: Fred Moh | 608-356-5606
baraboofarmersmarket@gmail.com
baraboofarmersmarket.com

LA VALLE

Saturdays, 7:30 AM - 12 PM
Memorial Day - Labor Day

Located at Hartje's Farm Home & Sport,
north of LaValle on Hwy 33

Contact: Hartje, Inc. | 608-985-8124

REEDSBURG

Reedsburg City Park Farmers Market

Mondays & Thursdays, 12 PM - 5 PM
May – October

Located at Reedsburg City Park,
222 N. Park Street, Reedsburg

Contact: City of Reedsburg | 608-524- 6404

Park Plaza Farmers Market

Mondays & Thursdays, 11 AM - 5:30 PM
May - October

Located in the Park Plaza parking lot,
corner of Main Street and Wengel Drive

Contact: Maury Gurgel | 608-495-0775

*Thank you for supporting
our local farmers!*

SAUK PRAIRIE

Saturdays, 9 AM - 12 PM
May - October

Located in the green space across from Blue Spoon downtown Prairie du Sac. Fresh locally grown produce, jams, jellies, baked goods, honey, Fair Trade roasted coffee beans, Updates on Facebook.

Contact: Sue Dohm | 608-643-8445
dohmsad@hotmail.com

SPRING GREEN

Summer Season Saturday 8 AM - 12 PM
Indoor Winter Season Bi-monthly 9 AM - 12 PM

Located in the Spring Green Library lot –
between Worcester Street and Albany Street

Spring Green Farmers Market runs year round at the Spring Green Public Library. Our farmers and artisans offer a variety of seasonal vegetables, fruits, flowers, grass grazed meats, eggs, baked goods, baskets, body care products and dog/cat toys and treats.

Contact: Jane Hauser | 608-575-9787
sgfarmersmarket@gmail.com

WISCONSIN DELLS

Sundays, 9:30 AM - 2 PM
June - October

Located at Intersection of Broadway and
Cedar Street, downtown Wisconsin Dells

Check out Facebook for the latest
information on vendors.

Contact: Briana Faber | 608-291-5157
briana@wisdells.com

BARABOO

Bluestem Farm

Muffy Barrett

S5920 Lehman Road, Baraboo, WI 53913
608-356-0179 | bluestem_farm@juno.com
www.bluestemfarm.com
[f bluestemfarmbaraboo](https://www.facebook.com/bluestemfarmbaraboo)

Late July-October

By appointment or at Baraboo Farmers' Market

At Bluestem Farm we work to restore the planet, through wildland restoration and through growing food without toxins. Availability of produce is dependent on weather and pests. Some years we have nothing, other years bountiful apples, pears, and grapes. Occasionally native plants and houseplants.

The Berry Farmer

John & Jean Pinkston

E10222 Hoot Owl Valley Road, Baraboo, WI 53913
608-355-1965 | info@theberryfarmer.com
theberryfarmer.com
[f theberryfarmer](https://www.facebook.com/theberryfarmer)

June - August

Mon-Fri: 8 AM - 8 PM, Sat & Sun: 8 AM - 5 PM

2 ½ miles west of Hwy. 12 on CTH. W towards North Freedom. Strawberry season mid-June to early July. Pick your own and already-picked strawberries and peas. Picking containers provided or bring your own. Open Monday through Friday, 8 AM to 8 PM and Saturday and Sunday, 8 AM to 5 PM. Blueberry season early July to early August. Open for blueberries on Wednesday evenings from 5 PM to 8 PM and Saturdays, 8 AM to 5 PM. Children always welcome.

Bula's Pleasant Valley Farm

Ron and Maureen Bula

S4515 Scenic Road, Baraboo, WI 53913
608-522-3372 | bulaspleasantvalleyfarm@gmail.com
www.bulaspleasantvalleyfarm.com
[f bulaspleasantvalleyfarm](https://www.facebook.com/bulaspleasantvalleyfarm)

Year Round, Call for availability

We're here to help you find delicious, high quality food. Our gardens grow without chemicals. Our grass-fed beef, Berkshire pork, chicken and lamb are raised in sunshine. Fresh eggs, maple syrup, honey and cuts of meat are available year-round. Our farm is a sustainable farm just west of Baraboo.

Glacier Valley Enterprises

Brian Krusko

600 South Blvd, Baraboo, Baraboo, WI, 53913
608-356-2244 | sales@glacierv.com
glacierv.com
[f glaciervalleyenterprises](https://www.facebook.com/glaciervalleyenterprises)

Open Year-Round, Mon- Fri: 8 AM - 4:30 PM

Glacier Valley Enterprises provides fruit and vegetable packaging, harvesting equipment, and signage to produce growers across the United States and Canada. With over 900 products available, Glacier Valley Enterprises has everything our producers need to get their product from their farm to the market. Visit our Retail Store to see samples, and order products that available from our catalog. Call and request your free catalog today!

farm facts

Wisconsin Facts

- Wisconsin boasts many apple orchards producing 49.0 million pounds of apples in 2018.
- Wisconsin is home to more than 7,000 dairy farms, more than any other state, and 1.28 million cows.
- Wisconsin ranks third in the nation in potato production, harvesting potatoes on 68,000 acres in 2019.

Sauk County Facts

- Over 1400 farms in Sauk County.
- Sauk County is ranked 2nd in the state for hog/pig production.
- 95% of farms in Sauk County are family farms.
- Agriculture employs 4,312 jobs in Sauk County.

Uncooked Tomato Sauce

MAKES: 6 SERVINGS

Fresh tomato sauce using veggies from your garden or the farmers' market makes this a great summer recipe. Mix with cooked pasta for an easy meal.

Ingredients

6 tomatoes (large, cut into chunks)
1 tablespoon garlic (minced)
1/2 onion, medium (finely chopped)
1/2 green pepper (finely chopped)
3 tablespoon fresh basil (chopped)
1/2 teaspoon dried oregano
1 tablespoon olive oil
salt and pepper (optional, to taste)
6 cup pasta (cooked)
6 tablespoon Parmesan cheese (grated)

Directions

1. Chop tomatoes and mix with all the remaining ingredients in a large bowl.
2. Let the mixture stand at room temperature for about 20 minutes. Toss with hot cooked pasta or rice and top with grated Romano or Parmesan cheese.

Notes:

Add a can of white or black beans, drained, for extra protein before tossing with pasta or rice.



Eggplant and Pepper Dip

MAKES: 8 SERVINGS

Vegetables are roasted in the oven and then put in the blender to create a creamy and delicious low-fat dip.

Ingredients

1 eggplant	2 red pepper
1 onion (small)	1 teaspoon basil
2 tablespoon vegetable oil	1 teaspoon oregano
1/4 teaspoon garlic powder	1/4 teaspoon salt

Directions

1. Use a peeler to remove peel from the eggplant.
2. Chop the eggplant into 1 inch cubes.
3. Chop the red peppers.
4. Peel and chop the onion.
5. Put all the ingredients in a large bowl. Stir together.
6. Spread the ingredients on a baking tray.
7. Bake at 400 degrees for 45 minutes. While the dip is baking, stir it a few times.
8. When the eggplant is lightly browned and soft, take the dip out of the oven.
9. Let the dip cool for at least 10 minutes.
10. Put the dip the blender. Blend until smooth.
11. Serve the dip cold or at room temperature.

Notes:

Add a can of white or black beans, drained, for extra protein before tossing with pasta or rice.



LA VALLE

Hilltop Community Farm

Erin Schneider & Rob McClure

S850 Heidrich Road, La Valle, WI 53941

608-257-6729 | e.schneider.hilltopfarm@gmail.com

www.hilltopcommunityfarm.com

[f hilltopcommunityfarm](https://www.facebook.com/hilltopcommunityfarm)

May-October, Not open to public

We are a small-scale diversified farm, specializing in flowers, fruit, and CSA since 1993. We work by hand, utilizing solar energy to lovingly produce organic food and flower feasts for you. Prairies, woodlands, field borders provide habitat, beauty and blooms for bouquets; our orchard is a mixed species food forest producing currants, elderberry, kiwi, pears, apples, and more. We look forward to growing for you!

Narrows Creek Garden

Melvin Smith

E 3698 County Road S, La Valle, WI 53941

608-415-0091 | mel4150091@gmail.com

www.narrowscreekgarden.com

[f narrowscreekgarden](https://www.facebook.com/narrowscreekgarden)

All year, 10 AM - 4 PM

Narrow Creek Garden has 2 acres of you pick or we pick aronia berries available around September. We offer homemade aronia Jams and jellies. We also grow ginger, turmeric and other produce in season.

Dandelion Ridge Farms

Peter Kinsman

E2940 County Road K, La Valle, WI 53941

608-344-8988 | www.dandelionridgefarms@gmail.com

www.dandelionridgefarms.co

[f dandelionridgefarms](https://www.facebook.com/dandelionridgefarms)

Products available year round through website, farm visits and product pickup by appointment.

Located west of Lime Ridge in the beautiful rolling hills of the Driftless area, Dandelion Ridge Farms offers healthy, nutrient dense pasture based beef, pork, goat and eggs. A third generation family farm with the goal of producing healthy local food in a sustainable manner.

LOGANVILLE

Hickory Hill Farm

Gretchen Kruse

S6551 State Road 23, Loganville, WI, 53943

608-727-2302 (land line) | 208-659-2038 (cell)

hickoryhillfarmloganville@live.com

[f hickoryhillfarm](https://www.facebook.com/hickoryhillfarm)

Dane County Farmer's Market (Saturday), On-farm with prior contact, Delivery options Year-long

Located 2 miles south of Loganville on Hwy 23, Hickory Hill Farm is a 4th generation organic family farm. Our products are MOSA certified organic and some are specialized and include: organic grain, flour, baking mixes, general produce, herbs, unique items, grade "B" maple syrup, and edible flowers. Primary sales are through the Dane County Farmer's Market as well as various local food fairs and events. On-farm sales available with prior contact. On-farm produce road cart may be open daily from late June through October (season production permitting).

LYNDON STATION

Orange Cat Community Farm

Laura Mortimore

S1280B Cherry Lane, Lyndon Station, WI 53944

608-963-4324 | orangecatcommunityfarm@gmail.com

orangecatcommunityfarm.com

[f orangecatcommunitygarm](https://www.facebook.com/orangecatcommunitygarm)

CSA shares delivered to Reedsburg, Baraboo, Lake Delton, Wisconsin Dells, Portage, and LaValle; Baraboo Farmers' Market

We are a certified organic CSA vegetable farm located just off of Co. Hwy. H, between Reedsburg and Wisconsin Dells. We offer weekly and every-other-week CSA shares over a 20 week summer season, an early season spring share and a winter share to help you keep local produce on your table year round. Find us at the Baraboo Farmers' Market on Saturday mornings. It is a lot of work to grow vegetables, so it is also necessary to have a lot of fun. Come be a part of it!

follow your food from farm to fork

Zucchini Bread

MAKES: 16 SERVINGS

This tasty, zucchini bread can be eaten as a dessert or snack. Serve warm or cooled.

Ingredients

3 egg	1 cup sugar
1/4 cup vegetable oil	2 cup zucchini (grated)
1 1/2 cup flour (all purpose)	1/2 teaspoon vanilla
1 1/2 cup whole wheat flour	1 teaspoon salt
2 teaspoon baking soda	2 teaspoon cinnamon
1/2 teaspoon baking powder	1/2 cup raisins

Directions

1. Preheat oven to 325 degrees and lightly grease and flour a 9 x 5 loaf pan.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
3. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon into loaf pan.
6. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
8. Serve warm or allow to cool before slicing.



Grilled Lamb Salad

MAKES: 4 SERVINGS

Grilled lamb is delightful with any green salad, especially this Asian-inspired version.

Ingredients

3 green onions (sliced)
12 ounce boneless leg of lamb, cut into 1-inch cubes (if cubed lamb is not available at your meat market, ask the butcher to prepare it for you)
bamboo skewers
6 cup shredded Savoy, Napa, or green cabbage
2 carrots (shredded)
2 tablespoon black or white sesame seeds
1 small jicama, julienned (optional)

For the Marinade/Dressing:

2 tablespoon sugar
2 tablespoon rice vinegar
3 tablespoon soy sauce, low sodium
1/4 cup water
1 tablespoon vegetable oil

Directions

1. Mix marinade/dressing ingredients; divide evenly.
2. Place lamb cubes in a glass dish; pour half of the marinade/dressing over the lamb.
3. Cover and refrigerate at least two hours.
4. In a large bowl, toss cabbage, carrots, jicama (optional), onions, and sesame seeds.
5. Remove lamb and discard marinade.
6. Soak bamboo skewers in water for 30 minutes; divide lamb among the 4 skewers.
7. On hot grill, cook the lamb skewers 5-6 minutes per side (or to desired degree of doneness).
8. Remove lamb from skewers, add to salad, and toss.
9. To serve, divide salad evenly on four plates. Drizzle with remaining dressing.

Notes:

Serving Suggestions: Serve with nonfat milk and orange slices/wedges.

Tips on Cooking Lamb: Cooking temperature: 145 °F (medium-rare); 160 °F (medium); 170 °F (well-done)

REEDSBURG

Valley Springs Farm Bed & Breakfast

Don & Dorothy Harms

E4681 County Road S, Reedsburg, WI, 53959

608-495-1096 | valleyspringsbb@gmail.com

www.valleyspringsfarmbb.com

[f valleyspringsfarmbb](https://www.facebook.com/valleyspringsfarmbb)

Year round, Check in 4 - 6 PM Check out 11 AM

Valley Springs Farm Bed & Breakfast takes you out to the tranquility of the rural countryside. Don and Dorothy Harms welcome you to stay & experience farm living on their fourth generation family farm.

Valley Springs Farm

Don & Dorothy Harms

E4681 County Road S, Reedsburg, WI 53959

608-495-0249 | valleyspringsbb@gmail.com

www.valleyspringsbeef.com

[f valleyspringsfarmbeef](https://www.facebook.com/valleyspringsfarmbeef)

Online ordering on website or email

Year round, 9 AM - 5 PM

Attention to detail and a love for cattle have lead this farm operation to maintain a sustainable small family farm. Our cattle are pasture fed with supplemented forage in the winter. Valley Springs Farm Fresh Beef - available at our on-farm store (open Saturdays, 9 AM- 12 noon or by appointment), local delivery or shipped to your door.

Dorothy's Homemade Delights - Homemade jams and jellies, most made from homegrown apples, rhubarb, raspberries, and grapes. Available most times; please call ahead.

Gavin Farms

Matt, Jim, and Jenni Gavin

E8128 State Road 23 and 33, Reedsburg, WI 53959

608-393-7415 | Info@gavinfarms.com

gavinfarms.com

[f gavinfarms](https://www.facebook.com/gavinfarms)

Year Round, By Appointment

We are a 1st generation, family farm focused on caring for our animals, crops, & land with honesty and integrity in every step of the process. We are determined to provide quality, locally-raised beef to our community in a transparent, easily-accessible, and responsible way. Our beef is offered by the quarter, half, or whole and also by the cut at our on farm store (by appointment). Contact us for more information.

Riverbend Livestock Farm

Ervin & Linda Borleske

E6248 Lane Drive, PO Box 161, Reedsburg, WI 53959

608-524-2509 | sheep@rucls.net

June 15-October 31 for vegetables

Year round by appointment for meat: June 15-October 31 Monday/Wednesday/Friday 10 AM - 6 PM or call for an appointment

We take great pride in our farm that has been in our family over 150 years. Fresh vegetables, honey, maple syrup and CSA shares available June through October. Lamb, Beef, Pork, and Chicken available year round by appointment. Our animals are rotationally grazed using "environmentally friendly" farm practices.

Neu Erth Wormfarm

Jay Salinas

E7904 Briar Bluff Road, Reedsburg, WI 53959

608-415-0910 | salinas.jay1@gmail.com

neuerthwormfarm.com

[f neuerthwormfarm](https://www.facebook.com/neuerthwormfarm)

CSA drop off sites & selected farmer's markets May-Oct
Call for appointment

Wormfarm builds healthy soil for vegetables with compost, vermi-compost and extensive use of cover crops. We use no synthetic pesticides or fertilizers. We provide vegetable to Shareholders in our CSA as well as at farmers markets in Reedsburg & Wisconsin Dells.

Jumping Jersey Meats

Amy & Marques Koenig

E5861 Old Town Hall Road, Reedsburg, WI 53959

608-393-3396 | raboine04@gmail.com

[f jumpingjerseymeats](https://www.facebook.com/jumpingjerseymeats)

Year Round, 6 - 9 AM, 5 - 8 PM every day
and by appointment

Our family wants to provide you with the leanest, healthiest beef! We have been MOSA Organic certified for more than twenty years over two generations. Come tour the dairy farm where you will see amazing views, animals, conservation practices, and try our steaks, roasts, ground chuck, and all-beef summer sausage!

Zucchini Coleslaw

MAKES: 6 SERVINGS

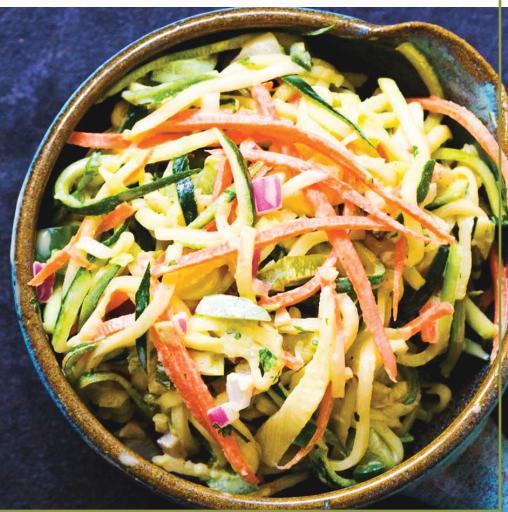
This colorful dish is a delicious alternative to the sweet coleslaw and a great way to eat your veggies.

Ingredients

2 cup zucchini (coarsely shredded)
2 cup cabbage (shredded)
1 carrot (medium, shredded)
2 green onion (sliced)
1/2 cup radishes (thinly sliced)
1/3 cup mayonnaise, low-fat
1/3 cup mild salsa

Directions

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in large bowl; add cabbage, carrot, onions and radishes.
3. In a small bowl, combine remaining ingredients.
4. Pour over vegetables and toss well.
5. Cover and chill at least one hour.



Pork Loin Roast with Veggies

MAKES: 6 SERVINGS

A perfect recipe for meat and potatoes fans. Enjoy this recipe with a fresh side salad, and a piece of fruit for dessert.

Ingredients

2 cup onions, cut in wedges (1/2 pound or 2 medium)
2 cup potatoes, diced (about 12 ounces or medium)
2 cup baby carrots (3/4 pound regular carrots, sliced)
2 tablespoon vegetable oil (divided)
1 1/4 pound pork loin
3 teaspoon brown sugar (1 tablespoon)
1/2 teaspoon garlic powder
1/2 teaspoon pepper
1/4 teaspoon salt

Directions

1. Preheat oven to 400°F.
2. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper.
3. Lay veggies around edge of 9"x13" pan & put in oven.
4. Use a small bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl.
5. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
6. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side.
7. Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven.
8. Remove from oven. Let set for 5 mins. Slice & serve.

Notes:

Wash and cut potatoes and onion into chunks about the same size as baby carrots.

Use a meat thermometer. Cooked pork can be pink even when the meat has reached a safe temperature.

For safety and quality, allow meat to rest for at least three minutes before slicing.

PLAIN

Mary's Organic Farm

Mary Nachreiner

E3346 Kessinich Road, Plain, WI 53577

Call 608-360-9151 or text 757-660-9291

mary5959@gmail.com

 marysorganicfarm

All Seasons, 8 AM - 5 PM

Mary's Organic Farm (chickens with an attitude) offers fresh from our farm to your table organic chicken eggs, Bear Creek Organics "Belties," grass-fed and grass-finished beef, all organically managed with no antibiotics, chemicals, nor hormones. Just Grass.

PRAIRIE DU SAC

Tower Rock Farmstead Bakery

William & Alma Gasser and Family

S9010 Denzer Road, Prairie du Sac, WI 53578

608-544-2023 | trfbakery@gmail.com

towerrockfarmsteadbakery.com

 towerrockbakery

Open March through December; Fridays from 2 - 6 PM, Saturdays from 7:30 AM - 12:30 PM. You can also find us at the Baraboo Farmers Market.

Naturally-grown grains and freshly milled flours are used in our fresh baked breads, cookies, cupcakes; muffins and cinnamon rolls are available on Saturday mornings. A true farm-to-table bakery, we grow and mill our own fresh, non-GMO natural grains. Our bakery features handcrafted, small-batch artisan breads and desserts--always from scratch--utilizing grains and produce grown right on our fifth generation dairy farm. Come taste the difference! Updates on Facebook. Located near the corner of Co Road PF and Denzer Road, across from Tower Rock School. Call or e-mail for special hours the week of Thanksgiving and Christmas.


food safety

LEARN SAFE PRESERVING
RECIPES AND TIPS AT

<https://fyi.extension.wisc.edu/safefood/recipes>

WISCONSIN DELLS

Country Bumpkin Farm Market and Lil' Pumpkin Play Village & Petting Farm

Cindy Rhinehart

E9745 County Road P, Wisconsin Dells, WI 53965

608-254-2311 | info@countrybumpkinfarm.com

countrybumpkinfarm.com

 countrybumpkinfarm

April 24 through October 31, 9 AM - 6 PM daily

Family fun on the Farm! U-Pick and We-Pick strawberries, blueberries, raspberries, fall pumpkins, squash, and fall decor, We-Pick vegetables, honey, on-site CSA, flower baskets and assorted flower pots in May and June, yummy pies and other bakery items, hand-dipped ice cream from Chocolate Shoppe in Madison, homemade caramel apples in the fall, corn maze, train rides to the pumpkin patch, fun fall-package discounts, fall concessions. The entire family can make fun memories exploring and playing in our Lil' Pumpkin Play Village & Petting Farm which includes a pedal kart raceway, kid's zipline, obstacle course, climbing wall, full-size John Deere Combine jungle gym, and there's always something new. It is our goal to provide you with wholesome family fun AND great things to eat!

Hidden Valley Mushroom Farm

Mary Tylka

S270 Birchwood Road, Wisconsin Dells, WI 53965

608-253-6804 | mrytylka@aol.com

 hiddenvalleymushrooms

Year-Round, By Appointment

Hidden Valley Mushrooms has been a family owned and operated producer and distributor specializing in various types of mushrooms since 1992.



Lo's Blueberry Coffee Cake

MAKES: 8 SERVINGS

A delicious addition to your breakfast table, or enjoy a slice as an afternoon snack. Fresh berries work well, but if they aren't available or in season, try with (thawed) frozen berries. Either way, it's sure to please!

Ingredients

1 egg
1/2 cup non-fat milk
1/2 cup yogurt, non-fat vanilla
3 tablespoon canola oil
1/4 teaspoon cinnamon
2 teaspoon lemon peel (grated, yellow only)
2 cup flour
1/2 cup sugar
4 teaspoon baking powder
1/2 teaspoon salt
1 1/2 cup fresh (or frozen unsweetened) blueberries

Topping Ingredients:

3 tablespoon sugar
1/8 cup walnuts (coarsely chopped)

Directions

1. Preheat oven 400 degrees. Position in center of oven.
2. In a large bowl whisk together the egg, milk, yogurt, oil, and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into 8 or 9-in baking pan coated with nonstick spray.
5. In a small bowl combine topping ingredients. Sprinkle evenly over the cake batter.
6. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and wooden toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve warm or at room temperature.

Notes:

When tightly wrapped in plastic wrap, this coffee cake will keep for 3 to 4 days in the refrigerator. It also freezes very well.

Basic Quiche

MAKES: 6 SERVINGS

You can vary this recipe by using whatever vegetables you have on hand (fresh, frozen, or canned)!

Ingredients

1 pie crust (baked, 9-inch)	3 egg (beaten)
1/2 cup cheese (shredded)	1 cup milk (non-fat)
1/2 teaspoon salt	1/2 teaspoon pepper
1/2 teaspoon garlic powder	
1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)	

Directions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese & vegetables.
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving



To find the recipes in this guide and other great recipes check out the U.S. Department of Agriculture's Choose My Plate website at www.choosemyplate.gov

Eat Local

Thank you!



Extension

UNIVERSITY OF WISCONSIN-MADISON
SAUK COUNTY