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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, pivil 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](#) 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!



Farm-fresh lunches and dinners at your favorite restaurants June - October

SPRINGFIELD 2014

LUNCHES

June 3 Engrained Brewing Company
 July 1 Ill Tomasso's Italian Bistro
 August 6 Incredibly Delicious
 September 2 La Calla
 October 7 Danenberger Family Vineyards

DINNERS

June 19 American Harvest Eatery
 July 17 Augie's Front Burner
 August 14 Arlington's
 September 18 TBA
 October 16 Maldaner's Restaurant

CHAMPAIGN-URBANA 2014

LUNCHES

June 3 Milo's Restaurant
 July 1 Pizza M.
 August 6 Pekara Bakery and Bistro
 September 2 Common Ground Food Co-op
 October 7 The Urbana Butcher Shop

DINNERS

June 19 Escobar's Restaurant
 July 17 Plato Cafe
 August 14 Bacaro Wine Lounge
 September 18 Destihl Restaurant & Brew Works
 October 16 Big Grove Tavern

BLOOMINGTON-NORMAL 2014

LUNCHES

June 3 The Garlic Press Market Cafe
 July 1 Destihl Restaurant & Brew Works
 August 6 A. Renee Wine Cafe
 September 2 Kelly's Bakery
 October 7 Biaggi's Ristorante Italiano

DINNERS

June 19 Lancaster's Restaurant
 July 17 Station Two Twenty
 August 14 The Tavern at the Park Regency Hotel
 September 18 Reality Bites
 October 16 Anju Above

PEORIA 2014

LUNCHES

June 3 Apple's Bakery
 July 1 Fresh Table
 August 6 One World Café
 September 2 New Amsterdam Bar & Restaurant
 October 7 TBA

DINNERS

June 19 The Creek
 July 17 Hearth
 August 14 Maxine's on Main
 September 18 Edge by Dustin Allen
 October 16 Rizzi's on State

Be sure to call participating restaurants for reservations as they may fill up quickly.



For more information: www.ilstewards.org

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.

Clinton, IL 61727

217-898-0706

mariahandgreg@mariahsmum.com

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](https://www.facebook.com/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 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 or 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 someone that should be honored with a Golden Beet Award? Help them get the recognition they deserve and [complete the brief Golden Beet Application today](#).

Golden Beet Awards

Celebrating Innovative Initiatives that Bring Local Foods to Illinois Communities



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.**

CATEGORIES



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 organization



Other Varieties

Have a nominee that doesn't fit into the other categories? Use this one!

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

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!

<http://www.ilstewards.org/youre-invited-summer-shindig-2014/>

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/?aitec_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

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!



Forward to a Friend

Quick Links

[Buy Fresh Buy Local](#)

[Central Illinois](#)

[Local Flavors](#)

[ISA Membership](#)

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We hope to see you soon!

Sincerely,

Molly Gleason

Illinois Stewardship Alliance | 217-528-1563

isa@ilstewards.org | www.ilstewards.org

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