

Quincy

THYME *line*

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The economic benefits of eating locally...

The economic benefits of eating local consist of several main points. The first is the most obvious: it increases the farmer's income. American farmers, on average, receive only 15-20 cents of each dollar spent on food, the rest going for processing, transportation, packing, and marketing costs. On the other hand, farmers who sell their products direct receive nearly the full retail value. Increasing farm income means more money can be spent locally by the farmer to run their business and home. According to The Organic Farmers and Gardener's Association, "When more food dollars stay in the community, they are transformed into thriving main streets, local jobs and contribute to keeping the local community alive." According to a recent study by UGCAED, "If every household spent just \$10 a week on locally grown produce, more than \$1.9 billion dollars could be pumped back into their state's economy. Also, for every 5% increase in local produce purchases, approximately 350 jobs would be created for that area."



Secondly, eating local helps build a sustainable society. With the increase of global warming, severe weather, dependence on foreign oil, and terrorism, the need for a sustainable food system is more important than ever. Maybe someday a drought hits our area, or an oil crisis makes transporting produce too expensive, or a terrorist contaminates one of the major food factories. By supporting our local communities now, we will have these systems in place when we really need them, and we will be able to support each other during difficult times.

Farmer's markets also serve to strengthen intrastate bonds between urban and rural communities. Far too often, large cities fail to recognize the importance of their surrounding rural communities and fight to withhold much needed state funds for those areas. Bringing the rural products straight to the city begin to encourage a mutual appreciation and respect for these smaller communities. In addition, a growing number of farms not only grow food to sell, but also host tours, provides classes, and offer on-site workshops. This adds up to tourism dollars from within and without the state.



The concept of eating locally has played an important role in the establishment of many non-profit organizations. Growing Power (www.growingpower.org), City Farm (www.resourcecenterchicago.org/70thfarm.html), and Growing Home (www.growinghomeinc.org) have taken the local movement and combined it with community education and job training. These farms, which are often located in underserved areas, provide a place for participants to learn how to raise and harvest food, as well as gain experience in marketing and sales at farmer's markets and through direct selling. Growing Power in particular has an interesting model. They use their farms as a transitional employment program

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designed for individuals with barriers to employment. Participants might be homeless, have been incarcerated, or have had substance abuse issues. Working at Growing Home provides skills and job readiness training, as well as a job in the organic agriculture business for several months. Each of these urban agriculture programs is an example of how growing local food can provide community support as well as fresh, healthy food. As always, a skilled workforce and the availability of jobs will increase consumerism therefore, stimulating the economy.

Mark your calendar

Fun things to do in Downtown Quincy this September:

■ 4th Street Tour of Homes

Check out some beautiful downtown homes while supporting the local Breast Cancer Awareness Fund!
Sunday, September 12; 12-4pm

■ Quincy Farmer's Market

Enjoy a wide selection of the area's local products. A great way to meet our farmers!
Sept: every Tuesday & Saturday

■ Blues in the District

Last night, this year, for live blues & great outdoor fun!
September 10

Purchasing seasonal foods is a healthy and cost effective way to approach food shopping.



What's in season for September...

Exact crop availability and harvest times vary year-to-year, but this summary will help you know when to look for what at markets near you in Illinois.

Apples	Garlic	Radishes
Basil	Grapes	Spinach
Beets	Green beans	Squash (summer)
Broccoli	Green onions	Squash (winter)
Brussels sprouts	Herbs	Tomatoes
Cabbage	Kale	Turnips
Cantaloupes	Leeks	Watermelons
Carrots	Lettuce	Zucchini
Cauliflower	Melons	
Celery	Onions	
Cucumbers	Potatoes	
Eggplant	Pumpkins	

ThymeLine Highlight: Garlic

One of the most commonly used spices, garlic is known for its immense health benefits. It is known for its pungent smell and distinct flavor. Garlic is a species of the onion family. The commonly used part of the plant is the bulb which is divided into many sections called cloves. The cloves are used for raw consumptions or used in cooking various dishes. The roots attached to the bulb and the thin skin of the cloves is not considered to be edible. Garlic has a sulphur bearing compound known by the name of Allicin, which gives the medicinal qualities to this wonder herb.

Below, is one of my recipes for savory garlic. Whether you use this recipe or only refer to it for inspiration, please make sure you try some fresh, local garlic this September!

Classic Caesar Salad w/ Garlic Croutons

4 anchovie filets	1 tbs salt
3 cloves garlic	2 cups of oil
1/2 cup balsamic vinegar	1 cup parmigiano
1 egg yolk	hearts of romaine
2 tbs dijon mustard	garlic croutons-
juice of 1/2 a lemon	(see side panel)



Dressing: Combine all ingredients except for oil, cheese, romaine, & croutons & blend in food processor. Slowly drizzle in the oil while continuously blending. Fold most of the cheese into the dressing & set the remainder to the side.

Salad: Cut up the romaine hearts and place in a large bowl. Toss in the croutons. Add enough dressing to lightly coat all lettuce & croutons. (Add as little/much as desired) Finish with the remainder of parmigiano cheese, serve & enjoy!

Need some help? email Chef Shupe - cory@thymesquarecafe.net

Garlic Croutons

1 french baguette
2 cloves garlic
1 tbs of fresh thyme
1 tsp fresh rosemary
4 tbs olive oil

Cut the bread into 1" cubes. Mortar garlic & fresh herbs. Toss cubes of bread in bowl with garlic, herbs & oil. Bake at 350 until golden brown.



Direct from the Chef...

Expert tips, advice, & recipes
from Chef Shupe

Hello, Quincy Foodies! This month we are showcasing the fresh garlic grown right here in our community. Here are a few health facts about savory garlic:

- * Garlic is known best for keeping a cold at bay. Eating a clove of garlic when you feel like you may have an onset of cold, improves your immune system & strengthens up the natural defense system of the body.
- * Garlic is also credited with anti-oxidants that help fight cancer and cancerous tumors. Medical science has proof that garlic has anti-tumor properties and helps in slowing down the growth of tumors and also reduce their size.
- * Garlic has compounds that help prevent any kind heart disease. It helps in lowering the cholesterol level in blood, which in turn makes sure there is nothing to block the arteries.
- * Garlic also helps in the control of blood pressure or hypertension. A chemical known as Ajoene is found in garlic which helps in thinning the blood, thus reducing clots from forming and reducing hypertension.
- * Garlic is effective against fighting off a host of infections. It is known for its anti-bacterial, anti-viral and anti-fungal properties and has been used since a long time to treat wounds, typhus, cholera, intestinal parasites, recurrent yeast infections and candida albicans.

News, Notes,

Specials, & Events



THYMESQUARE
CAFE

After speaking with the farmer, our first “Farmer-Feature Dinner” will coincide with the harvest season in October. We are extremely excited to launch this event during such a fruitful time of year! This event will show-case one particular farm by preparing individual courses using only the products grown on that farm. The farmer will be present to answer questions and talk about what their farm provides for the Quincy community. This event will be “reservation only” and will only offer the specific farm menu. If you are interested in being contacted about this event, please email me at erica@thymesquarecafe.net. We are very excited to be preparing Quincy’s first tasty/educational dinner!! More details will be available soon... Also, new, regular menu items to unveiled in October! Stay tuned....

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EMAIL _____ BIRTHDAY _____

ADDRESS _____

Please circle which items you would like to receive:

Thymeline

Birthday Rewards

VIP Dinner Invitations

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ThymeLine is a publication for Thyme Square Cafe, Inc.
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