

Come & Experience



Shop • Eat • Play

HOURS:
WEDNESDAYS 11AM-4PM
SATURDAYS 9AM-1PM

Downtown
Hastings
on the Thornapple



Welcome!



The farmers market now has the ability to accept SNAP benefits. Participants can bring their SNAP cards to the farmers market where a merchant will scan their cards and hand them tokens to use at any of the vendors at the market. The Hastings Farmers Market also accepts project fresh coupons, which are coupons handed to senior citizens to be used at any of the vendors.

Farmers are always welcome to become part of the Hastings Farmers Market. Call 269-945-0526 or find us on facebook!



HASTINGS FARMERS MARKET



Michigan Availability Guide

This chart is a buying guide for fruits and vegetables commonly grown in Michigan. It shows a wide range of availability because the season for fruits and vegetables varies slightly from year to year and from one area of the state to another.

Fruits

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples (fall)												
Apples (summer)												
Apricots												
Berries (black)												
Blueberries												
Cantaloupe												
Cherries (red tart)												
Cherries (sweet)												
Grapes												
Melons (watermelon, musk)												
Nectarines												
Peaches												
Pears												
Plums												
Raspberries												
Rhubarb												
Strawberries												

MICHIGAN STATE UNIVERSITY EXTENSION

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Michigan Availability Guide

Vegetables

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus												
Beans (snap & green, etc.)												
Beets												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn (sweet)												
Cucumbers (pickling)												
Cucumbers (salad)												
Greens (turnips, mustard, collards, kale)												
Eggplant												
Lettuce (head & leafy)												
Mushrooms (limited supply all year)												
Onions												
Onions (green)												
Parsnips												
Peas (sugar)												
Peppers												
Potatoes (white)												
Pumpkins												
Radishes												
Rutabagas												
Spinach												
Squash (yellow, zucchini)												
Squash (butternut, acorn)												
Tomatoes (cherry, roma, slicers)												
Turnips												

Meet Some of Our Farmers



Red House Vineyards

Before Red House Vineyards was started, Sable Kirkland and her husband were living in Detroit. However, limited yard space made farming difficult in this urban area. So in 2014 they left their home in Detroit and moved to Bellevue. Their farm started out small with the duo selling to friends in the area. Now their farm has grown to have a presence at the farmers market. Their farm features a diverse assortment of fruits, pears, apples, watermelon, collard greens, kale and much more.

ViKerryous

Kerry Werch of ViKerryous loves the idea of everything being made and purchased in Hastings. That is why she and her husband live on State Street and sell all her crafts and baked goods at the local farmers market. Kerry started crocheting as a kid and it quickly grew from a craft into a beautiful art. Kerry loves to crochet market bags and stuffed animals. She also enjoys making baskets, chap sticks, body products, dream catchers, and macramé. Kerry also enjoys baking on the side and says that her sourdough bread is a huge hit.

Steve Converse Farm

Steve has been doing woodworking for many years. He stated that he enjoyed the feel of working with wood and keeping busy. Steve has lived near town for his entire life, nearly 73 years!

John's Produce

If you have been to the Hastings Farmers Market at some point in the last 24 years, chances are you have met John Bush. John loves planting his produce, watching it grow, harvesting it, and then selling it. What John loves about selling at the farmers market is that it gives people the opportunity to purchase fresh food, not food that is days old. This makes people happy. You can find John with his peaches, grapes, apples, plums, tomatoes, potatoes, cabbage, beans and carrots. John is planning on many years of being a farmer, "Once it is in your blood, it's hard to let it go."

Colorful Creations

Lorraine Lobbezoo started sewing in the 10th grade with sewing bridesmaid dresses. She is a streamstress at heart and she enjoys meeting new people. Lorraine retired 2 years ago and she now enjoys having the time to teach sewing and spending time with her 17 grandchildren. At her booth you will find a fun assortment of hand towel and washcloth sets, book buddies, and baby blankets with satin binding. Lorraine Lobbezoo especially loves making the baby blankets because she had one as a child, which she loved dearly.

Windmill River Farm

Windmill River Farm is our 80 acre farm nestled along the Coldwater River near Carlton Center, north of Hastings. In the middle of February, we have 300 taps in our hard maple woods and boil our syrup with a 100-year old Vermont evaporator fired with slab wood from our saw mill. Maple syrup season usually runs from mid-February to the end of March. We also farm 40 acres of cash crops, corn and soybeans using antique two-cylinder tractors. The garden is approximately 2 acres comprised of watermelons, cucumbers, tomatoes, summer squash (three varieties: cupcake, 8 ball, and yellow neck), and winter squash (four varieties: acorn, spaghetti, buttercup, and butternut). The garden is partially watered with an antique Aeromotor windmill, if we have a windy day. This year we have also added 10 beehives to help pollination of our produce and field crops.

CONTINUED ON PAGE 6



Shop • Eat • Play



MAY - RHUBARB SPINACH SALAD

INGREDIENTS:
1/2 pound fresh spinach -- cleaned, stemmed, and dried
2 large stalks of rhubarb, cut diagonally into thin slices
water to cover
1/4 cup white sugar
2 tablespoons sweet red wine vinegar
6 tablespoons olive oil

DIRECTIONS: Arrange the spinach leaves on a platter. Place the rhubarb in a skillet with enough water to cover by 1 inch; add the sugar. Bring the rhubarb to a gentle boil over medium-low heat and simmer until the sugar has dissolved and the rhubarb is

lightly cooked, about 2 minutes. Remove the rhubarb with a slotted spoon and distribute over the spinach.
Stir the vinegar into the liquid left in the skillet, raise heat to medium, and bring to a boil. Return heat to medium-low and cook until the liquid has reduced to about 3/4 cup, about 10 minutes. Remove from the heat, whisk in the olive oil, and pour the hot dressing over the spinach and rhubarb to wilt the lettuce. Divide salad between 2 plates; serve warm.

JUNE - SUGAR SNAP PEAS WITH MINT

INGREDIENTS:
2 teaspoons olive oil
3/4 pound sugar snap peas, trimmed
3 green onions, chopped
1 clove garlic, chopped

1/8 teaspoon salt
1/8 teaspoon pepper
1 tablespoon chopped fresh mint

DIRECTIONS:
Heat oil in a large skillet over medium heat. Add the sugar snap peas, green onion, and garlic. Season with salt and pepper. Stir-fry for 4 minutes, then remove from heat and stir in the mint leaves.



JULY - PEAR & CHERRY SALAD

INGREDIENTS:
1/4 cup white sugar
1 teaspoon ground cinnamon
1 cup walnuts
1 (15.25 ounce) can pears in light syrup, drained reserving syrup
3 tablespoons white wine vinegar
3 tablespoons fat-free vanilla yogurt
2 tablespoons honey
3/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper
1 teaspoon vanilla extract
1 pinch ground nutmeg
1/2 (10 ounce) package mixed salad greens
1/2 (10 ounce) bag spinach leaves
1 pear - peeled, cored and sliced
1/2 cup dried cherries
1/3 cup crumbled feta cheese

DIRECTIONS:
Combine sugar, cinnamon and walnuts in a skillet over medium heat. Mix together until sugar and cinnamon are melted and walnuts are evenly coated. Remove from heat. Spread walnuts on a large plate to cool.
In the container of a blender, combine the drained pears, 1/3 cup of the reserved syrup from the can, vinegar, yogurt, honey, salt, pepper, vanilla extract, and nutmeg; blend until smooth.
Assemble the salad by tossing together the mixed greens, spinach, pear slices, dried cherries, feta cheese, and walnuts in a serving bowl. Serve with dressing on the side.

AUGUST - BEET SALAD WITH GOAT CHEESE

INGREDIENTS:
4 medium beets - scrubbed, trimmed and cut in half
1/3 cup chopped walnuts
3 tablespoons maple syrup

1 (10 oz.) package mixed baby salad greens
1/2 cup frozen orange juice concentrate
1/4 cup balsamic vinegar
1/2 cup extra-virgin olive oil
2 ounces goat cheese

DIRECTIONS:
Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.
While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.
In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.
Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.



SEPTEMBER * * * * * OCTOBER



SEPTEMBER - BROCCOLI SALAD

- INGREDIENTS:**

 - 4 cups fresh broccoli florets
 - 1/4 cup red onion, finely diced
 - 3 tablespoons raisins
 - 2 tablespoons dry roasted sun-
- flower seeds
 - 1/4 cup plain yogurt
 - 2 tablespoons orange juice
 - 1 tablespoon fat-free mayonnaise

DIRECTIONS:
Combine the broccoli, onions, raisins, and sunflower seeds.
In a small bowl, whisk the yogurt, orange juice, and mayonnaise until blended. Pour over the broccoli mixture and toss to coat.

OCTOBER - THE BEST POTATO SALAD

- INGREDIENTS:**

 - 6 eggs
 - 10 red potatoes
 - 1 cup mayonnaise
 - 1/2 cup ranch dressing
 - 1/3 cup dill pickle relish
 - 2 tablespoons prepared yellow mustard
- 1 1/2 teaspoons salt
 - 1/4 teaspoon ground black pepper
 - 1/8 teaspoon paprika
 - 1/8 teaspoon celery seed
 - 1 onion, chopped
 - 1/4 cup pepperoncini (optional)
 - 1/4 cup sliced black olives (optional)

DIRECTIONS:
Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water; cool the eggs under cold running water in the sink. Peel and chop the cooled eggs.
Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 15 to 20 minutes. Drain and refrigerate until cold. Peel and cube once cold.
Stir together the mayonnaise, ranch dressing, relish, mustard, salt, pepper, paprika, and celery seed in a mixing bowl. Add the eggs, potatoes, onion, pepperoncini, and olives; stir until evenly mixed. Cover and refrigerate at least 2 hours before serving.

Fresh produce is so tasty...and so good for you!



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Meet Some of Our Farmers



CONTINUED FROM PAGE 3

Nodding Thistle

Nodding Thistle is a 72-acre family farm in Nashville, Michigan. Our farm was christened “Nodding Thistle” in the early 80s by our mother. Dried flower arranging was at its height and was one of her many interests. The nodding thistle is a species whose flower head nods over as it dries, giving the appearance of being a small sunflower. Our market season starts with asparagus and lettuce and goes through potatoes and winter squash. We provide ample room in our garden for over two dozen varieties of tomatoes, some of which are heirlooms handed down through our family. We also grow a number of herbs and flowers. Nodding Thistle was first certified by the Organic Growers of Michigan in 1984. Though we stopped seeking organic certification in 2009, our methods have remained unchanged for the last 34 years.

Our growing methods encourage the development of a soil that is nutritionally balanced and that can sustain crop growth for years. Mulching, cultivation, and hand weeding serve as our weed control. For insect control, we hand pick, foster predator and parasite insects, and use cultural practices to discourage pests. Our produce has also been grown without the use of synthetic pesticides or fertilizers. In accordance with organic rules, we do not plant seeds treated with fungicides and we start our own seedlings in organic potting soil without artificial fertilizers in it.

We are motivated in our work by a desire for a healthy and sustainable food system and have been attending farmers markets for many years, regarding them as an excellent way to build and sustain a community. Our Hastings Farmers Market booth is operated by Jessie and Leah Smith, sisters and the second generation on the farm. Our booth will be set up on Saturdays throughout the growing season. **WE HOPE TO SEE YOU AT THE MARKET THIS YEAR!**

Star School Market Garden

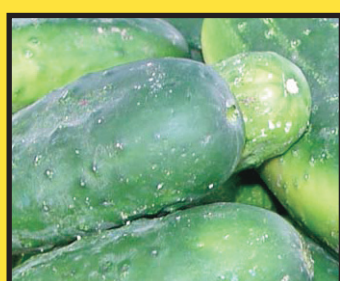
Star School Market Garden is a ¼ acre Certified Naturally Grown micro-farm, founded in 2017 just outside the city limits of Hastings on Star School Road.

We aim to produce and sell the freshest, highest quality vegetables for our community. We work to promote a sense of community, respectful stewardship of the land, and the benefits of eating local.

2019 is our third year at the Hastings Farmers Market. We focus primarily on baby greens (lettuce mix, spring mix, spinach and arugula), romaine and leaf lettuce, root vegetables (carrots, beets, radishes and salad turnips) and leafy greens (kale, collards and chard). We round our offering with seasonal items including: tomatoes, peppers, cucumbers, garlic and zucchini. This year we will also be offering cut flowers (sunflowers, cosmos and zinnias).

We operate our farm on a permanent bed system consisting of 60 beds arranged in six blocks of ten beds each. We farm with both feet on the ground. The beds were formed using a BCS two-wheel tractor and once formed they are never tilled again. All field operations are performed with basic hand tools. The goal is minimal soil disturbance to promote soil health and biology.

In 2018, we certified our farm as Certified Naturally Grown. As a Certified Naturally Grown farm, we are held to the same standards as farms certified through the National Organic Program. We use no synthetic fertilizers, pesticides or herbicides and no GMOs. The main difference between the programs is that Certified Naturally Grown is a participatory guarantee system, in which the participating farmers perform the inspections. More information on Certified Naturally Grown can be found at www.cngfarming.org, including our application, declaration and inspection reports.



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Enjoy Hastings!

FARMERS MARKET

Saturdays 9am - 1pm
Wednesdays 11am - 4pm
May-October Courthouse lawn

TROLLEY AROUND TOWN

Fridays June 7th - August 30th 6 - 9pm

MEMORIAL DAY PARADE

May 27th 9:30am

CITY BAND

Wednesdays June 5th - July 3rd
7:30pm on the Thornapple Plaza

PLAYING AT THE SPRAY PLAZA

Children's Entertainment Series
Thursdays June 13th - August 8th at 11am

FRIDAYS AT THE FOUNTAIN

June 14th - August 9th at noon
Courthouse Lawn in Downtown Hastings

FRIDAY NIGHT FEATURES

June 14th - August 16th at 7:30pm
Thornapple Plaza

COMMUNITY CONCERT SERIES

Wednesdays July 10th - August 21st at 7:30pm
Thornapple Plaza

SIDEWALK SALES

July 12th -13th
Downtown Hastings

GUS MACKER

July 13th - 14th
Downtown Hastings

SUMMERFEST

August 23rd - 25th

GIRLS' NIGHT OUT

October 3rd
Enjoy a girls' night out in Downtown
Hastings 5 - 8 pm

FALL FONDO

Enjoy the Barry Roubaix ride October 5th

ARTS AND EATS TOUR

October 18th - 19th
Back road art, food and farm tour
www.artsandeats.org

HASTINGS JINGLE AND MINGLE

December 6th - 8th
Enjoy holiday shopping in Downtown Hastings with
free carriage rides, tree lighting and family activities

CHRISTMAS PARADE

December 7th 5:30pm
Downtown Hastings

NEW YEAR'S EVE BALL DROP

December 31st
Downtown Hastings

For more information check us out
online at...

www.downtownhastings.com



Downtown
Hastings
on the Thornapple



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