

FRESH *from the* FARM

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GRILLING GUIDE
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A guide to farm-fresh
offerings in the Southern Lakes area

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2022

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Where to get it Fresh

Several communities offer weekly farm markets

Like fresh produce that pops up in the bright spring sunshine, area farmers markets bloom each May and June throughout the area.

The markets offer a variety of products, but none so sought after as the fresh produce from local farms, grown within hours, sometimes minutes, from the table.

Area residents suddenly have the opportunity to purchase fruits and vegetables grown locally, including some from certified organic farms.

Pasture-fed and organic meats are also available at some markets, along with raw honey. Herbs and flowers round out the overwhelming selection, along with homemade soap, teas, nuts, wild rice, eggs, specialty coffee, crackers, sauces, maple syrup, kettle corn, mushrooms, sausage, and cheese.

Bright-colored canopies blossom on town squares, in shopping center parking lots, and in scenic parks along rivers and lakes. The season typically runs May through October, although opening and closing dates vary by location.

According to market devotees, food from the surrounding area is fresher and therefore tastes better. There's no comparison between a tomato picked green and trucked hundreds of miles to one picked ripe and bursting with the flavor of the land.

Fresh, locally grown plants, produce and products are available at farmers markets throughout the area.

Here's a listing of the locations, dates and times of those markets:

BURLINGTON

The Burlington Farmers Market is

at Wehmhoff Square on the corner of Washington and Pine streets and runs Thursdays from 3 to 7 p.m. through October.

• CONTINUED ON PAGE 4

2022 *Fresh from the Farm*

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Shoppers browse a wide variety of items from local honey to locally raised meats at the Burlington Farmers Market in 2021.

CHAD HENSIK Fresh from the Farm

FARM MARKETS • CONTINUED FROM PAGE 3

The market offers a large selection of produce and locally sourced items and the opportunity to interact with the producers. There is also live music.

For more information, visit www.burlingtonwifarmersmarket.com.

DELANVAN

Delavan's Fresh Market runs from 3 p.m. to 6 p.m. Thursdays June 2 through Aug. 25 at Tower Park, 117 Park Place, Delavan

EAST TROY

The East Troy Farmers Market will return for its 14th season this summer with a new format.

It will be held on the first Friday of the month at East Troy Village Square Park, 2881 Main St., and the third Friday of the month at Honey Creek Collective (formerly known as Michael Fields property), N8030 Townline Road, East Troy. Hours of operation

are 4 to 7 p.m. June through September.

The first market will run during the East Troy Chamber's popular First Fridays event series.

The second market of the month is designed to support local agriculture and let locals and visitors alike enjoy the farm experience.

The market features vendors selling homegrown and local produce, specialty items, meats, honey, cheese, flowers, crafts and more. The event will also include live music and featured weekly activities.

ELKHORN

Saturdays on the Square runs from 9 a.m. to 1 p.m. on the downtown Elkhorn Square. The open market features fresh produce, vendors, crafters, food, entertainment and more.

For more information, visit www.elkhornchamber.com.

LAKE GENEVA

• The Lake Geneva Farmers Market is 8 a.m. to 1 p.m.



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every Thursday through October at Horticultural Hall, 330 Broad St.

• The Geneva Outdoor Market is held Saturdays from 9 a.m. to 1 p.m. at 3252 County Road H, Lake Geneva. The market runs through October.

MUKWONAGO

The Mukwonago Farmers Market runs from 2 to 6 p.m. every Wednesday in Field Park, on the corner of highways 83 and NN.

The market features fresh produce, food vendors, live music and more.

TWIN LAKES

The Twin Lakes Farmers Market is open the first and third Sunday of the month at 213 S. Lake Ave. from 9 a.m. to 1 p.m.

UNION GROVE

The Union Grove Public Market runs June 14 through

Sept. 27 on Tuesdays, from 2:30 to 6:30 p.m.

WHITEWATER

The Whitewater Farmers Market is open every Saturday from 8 a.m. to noon through November in the Depot Museum parking lot, 301 W. Whitewater St.

The market includes a variety of fresh, locally grown fruits and vegetables, baked goods, honey and preserves, flowers, shrubs, birdhouses and jewelry.

The Whitewater City Market is held every Tuesday through October from 4 to 7 p.m. at the Train Depot Museum, 301 Whitewater St.

WILLIAMS BAY

The Williams Bay Farmers Market runs 8:30 a.m. to 1:30 p.m. Fridays at Edgewater Park, East Geneva Street, Williams Bay. The market will run through Sept. 2.



3 challenges farmers face with organic farming

Organic Organic production represents less than 1% of U.S. crop acres, but according to the U.S. Department of Agriculture, the demand for organics is rising. As a result, many farms are adding organic acreage to their farming operations.

"Consumer demand for more organic vegetables has driven our company in that direction," says Adrian Garcia, an in-house pest control adviser with Braga Fresh Family Farms.

For Burkey Farms, the decision was purely economic. "We looked pretty smart when we sold organic corn for \$9 per bushel, and conventional corn was at \$3.10," said Eric Thalken, operations manager.

Organic farming can be profitable, but there are still several obstacles to widespread adoption. Below are three significant challenges facing organic farmers.

Pest and weed control

Weed, disease and insect control are

shared challenges for organic growers. They have limited pesticide options because they can only use those approved by the Organic Materials Review Institute.

Some producers like Burkey farms use biological practices like cover crops that prevent soil erosion, increase soil quality, suppress weed growth, prevent disease and manage pests. Organic farms may also use mechanical weed control, though that requires two cultivations and two passes with a rotary hose. In rainy years, weeds can still get the upper hand.

At Braga Fresh Family Farms, in-season weed control is often by hand. Over the past three years, the farm began to rely on robotic weeding machines to save labor and remove weeds more effectively. To control pests, the farm has purchased thousands of beneficial insects – including parasitic wasps, lacewings and Aphidoletes – that are released into the field by a drone. They then reproduce and feed on harmful pests.

While these strategies work well in the West, it's nearly impossible to

keep ahead of constant pest pressure in tropical climates where it rains most afternoons. Hot, humid weather fosters insect reproduction, weed growth and fungal diseases. Biopesticides can be used, but they need to be applied almost daily, increasing costs for farmers.

Shrinking yields and growing costs

Despite strides to improve organic tools and practices, yields still lag. USDA data from 2016 show conventional crops out-yielded organics for every U.S. crop except forages.

"We spend less on crop seed, fertility and chemicals but more on equipment, labor and cover crops than an average farm in our area," Thalken says. "Overhead can be slightly more with increased costs of administration."

Production costs for organic agriculture can vary widely. In California, Garcia estimates that costs to grow organic vegetables are 20%-25% higher than non-

• CONTINUED ON PAGE 6

Whether growing crops conventionally or organically, all farmers share in meeting expectations for sustainable food production.

STOCK PHOTO Fresh from the Farm

organic, due to added pest control steps and higher labor costs.

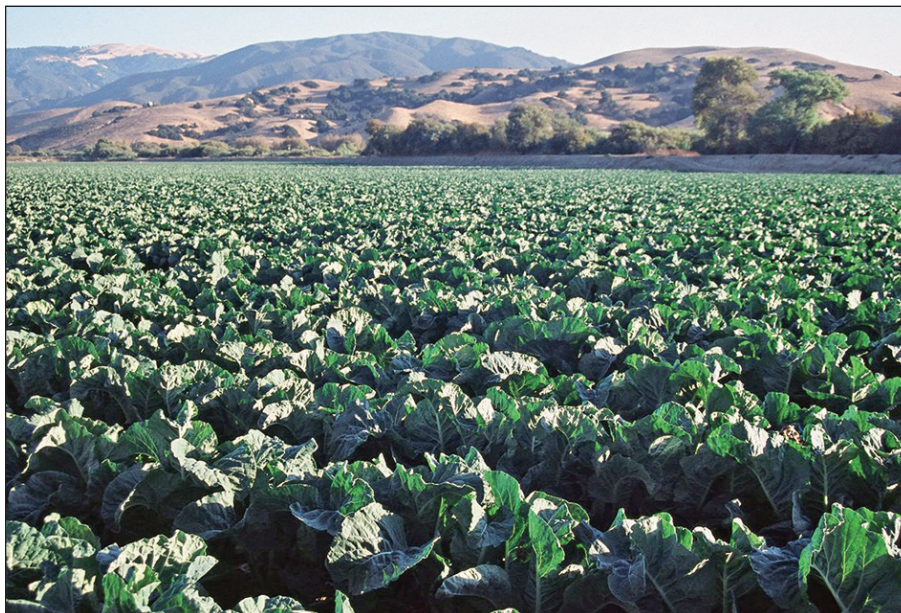
Fertilization is a major variable. Commercial organic fertilizer is expensive, and it's challenging to reach the necessary nitrogen levels needed for farming. Burkey Farms saves on fertilizer costs by applying hog manure. As with conventional crop producers who rely on manure for fertilizer, there is a risk of damaging the buildup of sodium and potassium in the soil.

Environmental impacts

The environmental impacts of agricultural production vary by practice. With lower yields, organic production requires more land to generate the same amount of food. According to a 2016 analysis of USDA yield data, if all crops switched to organic production, more than 100 million more farmland acres – an area the size of California – would be needed to achieve the same crop output.

OMRI-approved pesticides have impacts, too. Organic farmers commonly use copper sulfate as a fungicide. Although a natural compound, copper sulfate can accumulate in the soil and harm soil microbes, according to the Genetic Literacy Project.

The multiple passes for weed control in organic production consume more fuel and



Organic farming can be profitable, but there are still obstacles to widespread adoption, even as demand for the product is increasing.

STOCK PHOTO Fresh from the Farm

increase soil compaction. Disturbing the ground with mechanical weed control also can erode soil and damage soil health.

"At the end of the day, the population is growing," said Liz Hunt, head of

sustainable and responsible business at Syngenta. "We need to make sure we are meeting these needs in a way that optimizes land and input use."

(BPT)

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Grilling time!

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Grilled Fruit Kabobs

Ingredients

1/2 fresh pineapple trimmed and cut into 1-inch chunks
3 medium fresh peaches cut into 1-inch chunks
3 medium fresh pears cut into 1-inch chunks
3 medium fresh nectarines cut into 1-inch chunks
3 or 4 plums cut into 1-inch chunks
10 apricots cut in half
Honey

Directions

Thread the pineapple, peaches, pears, nectarines, plums and apricots alternately onto metal or soaked wood skewers.

Grill, uncovered, over medium-hot heat until fruit is heated through, about 6 minutes, turning often.

Brush with honey during the last minute of grilling.

Summer Vegetable Medley

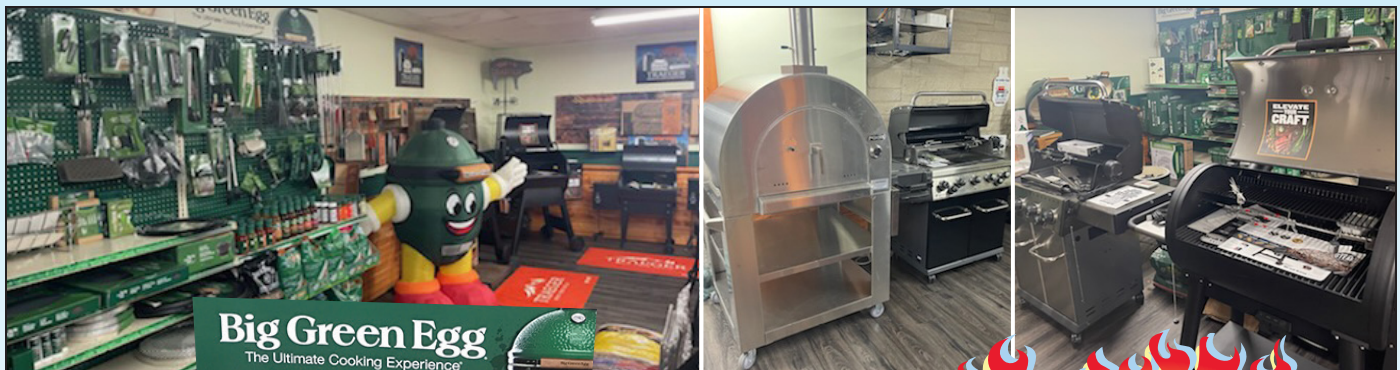
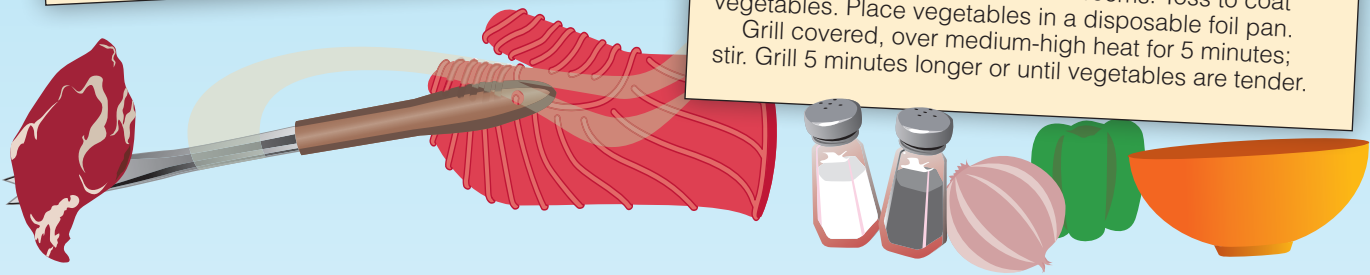
Ingredients

1/2 cup melted butter
1 teaspoon fresh parsley
1 teaspoon basil
1 teaspoon chives
3/4 teaspoon salt
1/4 teaspoon pepper
3 ears sweet corn, husks removed, cut into 2-inch pieces
1 sweet red pepper, cut into 1-inch pieces
1 sweet yellow pepper, cut into 1-inch pieces
1 zucchini, cut into 1/2-inch slices
10 to 12 large fresh mushrooms

Directions

In a large bowl, combine first six ingredients. Add corn, peppers, zucchini and mushrooms. Toss to coat vegetables. Place vegetables in a disposable foil pan.

Grill covered, over medium-high heat for 5 minutes; stir. Grill 5 minutes longer or until vegetables are tender.



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(METRO CREATIVE)

Impress guests with homemade burgers this summer

Backyard barbecues are a staple of summertime. In fact, many Fourth of July celebrations just wouldn't feel right without hamburgers and hot dogs cooking over an open flame in the backyard.

Burgers may not qualify as fancy fare, but they're perfect for Independence Day celebrations. This year, party hosts can add a little something extra to their barbecues by whipping up some homemade hamburgers. This recipe for Mushroom and Swiss Burgers with Bacon and Aioli from "The Essential Kamado Grill Cookbook" (Rockridge Press) by Will Budiaman is sure to make your summer festivities more flavorful.

Mushroom and Swiss Burgers with Bacon and Aioli

Serves 4

Ingredients

8 bacon slices
8 ounces cremini mushrooms, sliced
Kosher salt
Freshly ground black pepper
2 pounds ground beef
4 Swiss cheese slices
4 kaiser rolls, split
1/2 cup aioli (see below)

Directions

Prepare the grill for direct grilling at 500 F, then preheat a 10-inch cast iron skillet on the grate with the lid closed.

Put the bacon in the skillet. Close the lid and cook for 1 to 2 minutes or until browned and crispy around the edges. Transfer to a plate.

Add the mushrooms to the skillet. Close the lid and cook, stirring once, for 7 to 9 minutes or until browned. Transfer to a plate. Season with salt and pepper.

Meanwhile, in a large bowl, season the beef with pepper and 4 teaspoons of salt. Using your hands, mix until just incorporated; form into four 1-inch-thick patties with a slight dimple in the center.

Put the burgers on the grate. Close the lid and cook, flipping halfway through, for 8 to 10 minutes total for medium, or until an instant-read thermometer inserted into the center registers 135 F. (If using store-bought ground beef, always cook it to 160 F, or well done.)

In the last minute of cooking, top the patties with the cheese to melt and place the rolls cut-side down on the grate to toast.

Spread the aioli on the buns and assemble the burgers, dividing the bacon and mushrooms between them. Serve immediately.

Aioli

Ingredients (Makes 1 1/4 cups)

1 large egg
1 cup vegetable oil
2 garlic cloves, peeled
1/2 teaspoon kosher salt

Directions

Put the egg in the bowl of a small food processor. Blend until beaten.

With the machine running, slowly stream in the oil through the feed tube until emulsified (the mixture thickens).

Blend in the garlic and salt.

Transfer to an airtight container, refrigerate, and use within 5 days.

Troubleshooting – Is your aioli just not coming together, staying thin and runny instead of thickening? You may be streaming in your oil too quickly. But don't throw out the batch. Instead, pour it into a small cup or bowl, wash and dry the bowl and blade of the food processor, and start again with a fresh egg. Use the previous batch as your "oil."



Kick up your grill game with Mushroom and Swiss Burgers with Bacon and Aioli from "The Essential Kamado Grill Cookbook."

STOCK PHOTO Fresh from the Farm

BBQ chicken Pizza

Serves 4

1 prepared pizza crust
2 cups cooked chicken
1/2 to 3/4 cups barbecue sauce
1/2 cup green pepper
2 cups mozzarella cheese or
blended shredded cheese.

Place prepared crust on pizza pan, combine chicken and barbecue sauce, spread over crust. Sprinkle green peppers and cheese. Grill covered for 10 to 15 minutes or until cheese is melted.

This recipe is courtesy of Ruth Pfeiffer

Pork & Apple Kabobs

Ingredients

1/2 cup pineapple juice
3/4 cup barbecue sauce
1/4 cup honey mustard
1/4 cup packed brown sugar
2 tablespoons soy sauce
2 tablespoons olive oil
1-1/2 pounds pork tenderloin,
cut into 3/4-inch cubes
5 medium, unpeeled tart apples,
cut into 1-1/2-inch chunks

Directions

In a resealable plastic bag, combine first six ingredients. Reserve 1/2 cup of marinade for basting. Add pork tenderloin to bag. Seal and refrigerate for at least one hour.

Drain and discard marinade.

Alternate pork and apples on metal or soaked-wood skewers.

Grill uncovered over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting for an additional 8-10 minutes until meat is done and apples are tender.

Sweet Grilled Corn

Ingredients

8 ears of sweet corn, husk and silk removed
3/4 cup butter
2 Tablespoons garlic
1 teaspoon rosemary
1 teaspoon sage
1 teaspoon basil
1 teaspoon thyme leaves
1-1/2 teaspoon pepper
1/2 cup grated parmesan cheese

Directions

Soak ears of corn in cold water for 1 to 3 hours.

Melt butter in a microwave safe bowl. Season with garlic, rosemary, sage, basil, thyme leaves, salt and pepper. Stir in Parmesan cheese.

Drain corn and pat dry. Spread butter mixture evenly over each ear of corn, and place each piece on a square of aluminum foil. Tightly wrap each ear and puncture to allow excess steam to escape while grilling. Preheat grill for medium heat.

Grill the corncobs until tender, about 20 to 30 minutes, turning frequently. Remove from the grill and check for doneness. If the corn is not done, continue cooking an additional 5 minutes.

Sal's Grilled Butterflied Salmon

Serves 5 to 7

1-1/2 Tablespoon dried Juniper berries
2 teaspoons dried green pepper corns
1 teaspoon caster sugar
1/8 teaspoon salt
3 Tablespoons vegetable oil
2 Tablespoons lemon juice
5 pounds (2.251 kg) salmon, scaled, gutted and boned for butterflying, lemon wedges to serve.

Put the Juniper berries and peppercorns in a spice mill and grind coarsely. Turn the ground spices into a small bowl and stir in sugar, salt, oil and lemon juice. Open salmon like a book, skin side down, spread juniper mixture evenly over the flesh, fold salmon closed and place on a large plate.

Cover and marinate in the refrigerator for 1 hour.

Preheat the grill. Open the salmon again and place it on an oiled baking sheet. Spoon any juniper mixture left on the plastic over the fish.

Grill about 4 inches from the heat for 8 to 10 minutes or until the fish is cooked.

Serve the fish immediately with lemon wedges.

This recipe courtesy of Sandy Bertini

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How to make grilling healthier

Summer is synonymous with many things, including family vacations and relaxing days at the beach. For foodies, perhaps nothing evokes the spirit of summer more effectively than grilled foods.

Grilling is a beloved tradition, but it's not necessarily the healthiest way to eat. Traditional backyard barbecue fare like hot dogs and hamburgers likely won't make physicians' hearts flutter, but there are ways to enjoy the flavor of grilling without compromising a nutritious diet.

Choose healthy proteins

Replace burgers and hot dogs with healthy proteins. The occasional hamburger or hot dog won't do much damage, but people who regularly grill should skip these summertime staples and replace them with healthy proteins.

The American Heart Association reports that fish and skinless chicken breasts are healthy alternatives to hamburgers and hot dogs. Burger devotees can still enjoy their go-to grilled food, but replace ground beef

with lean ground poultry, which contains less saturated fat than red meat.

Avoid overdoing it

Most people have overindulged at a backyard barbecue at one point or another. The relaxed, party-like atmosphere of the backyard barbecue makes it easy to snack on chips and other unhealthy fare before moving on to burgers and hot dogs.

Hosts can do guests a favor by replacing snacks and sides like chips and potato salad with healthier fare like celery, fruit salad or chickpea salad. Keep portions of grilled fare as close to a healthy size as possible. The AHA notes that a healthy portion of meat is around three ounces and no more than six ounces.

Create a salt-free rub

There's no denying salt makes food more flavorful. But that flavor comes at a high cost. The health care experts Piedmont note that excessive amounts of salt can contribute to inflammation from fluid retention and increase a person's risk

for hypertension, or high blood pressure.

Salt may be a go-to for many grilling enthusiasts, but it doesn't have to be. A salt-free rub made with chili powder, garlic powder, paprika, and/or other spices is an effective and salt-free way to add flavor to meat, chicken and fish.

Grill more vegetables

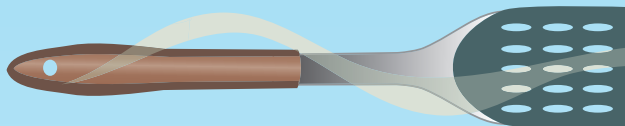
Grilled vegetables, whether they're part of kebabs or simply grilled alongside the main course, add significant flavor and provide all the health benefits of veggies cooked in more traditional ways.

The AHA notes that coating vegetables in a healthy oil like olive oil makes it easy to grill them directly over an open flame without sticking. Cooking in this way imparts that signature smoky, grilled flavor to vegetables.

(METRO CREATIVE)

This summer, grilling can be as healthy as it is flavorful. All it takes is a few simple strategies to make the menu at your next backyard barbecue one any doctor would love.

STOCK PHOTO *Fresh from the Farm*



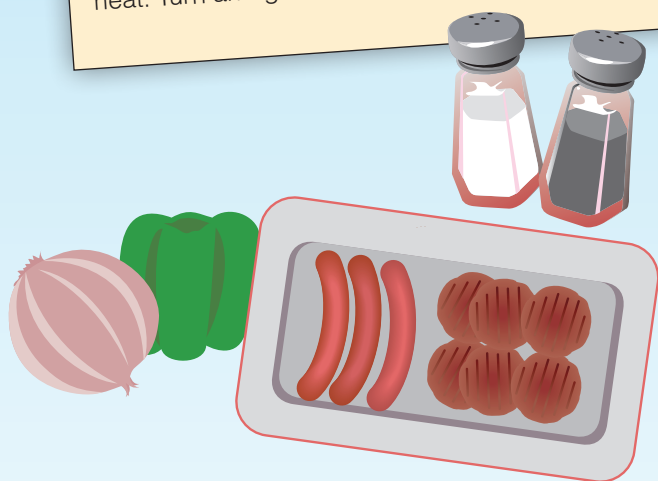
Barbecue Chicken Thighs and Drumsticks

Ingredients

- 1 1/2 cups brown sugar
- 1 cup water
- 1 cup cider vinegar
- 1 cup ketchup
- 1/2 cup vegetable oil
- 2 Tablespoons salt
- 1 Tablespoon mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon soy sauce
- 1/2 teaspoon pepper
- 5 pounds chicken thighs and drumsticks

Directions

In a large resealable plastic bag combine first 10 ingredients. Add chicken thighs and drumsticks. Seal bag, turn to coat and refrigerate overnight. Drain and discard marinade. Grill chicken (covered) skin side down for 15 minutes over indirect medium heat. Turn and grill for an additional 15-20 minutes.



Campfire Potatoes

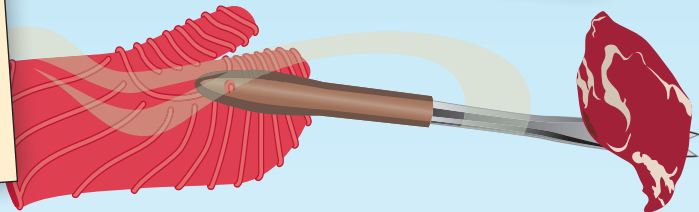
Serves 4 to 6

- 5 medium potatoes, peeled and thinly sliced
- 1 medium onion sliced
- 6 Tablespoons butter
- 1 1/2 cup Sargento homestyle cheese blend
- 2 Tablespoons fresh parsley
- 1 Tablespoon Worcestershire sauce
- Salt and pepper to taste
- 1/3 cup chicken broth

Directions

Place the potatoes and onions on a large piece of heavy foil dot with butter. Combine with cheese, parsley, Worcestershire sauce, salt and pepper sprinkle over potatoes. Fold foil up around potatoes and broth. Seal the foil edges tightly. Grill covered over medium heat for 35 to 40 minutes or until potatoes are tender.

This recipe is courtesy of Ruth Pfeiffer.



Bacon-Wrapped Filet Mignon

Ingredients

- 4 bacon-wrapped beef tenderloins
- Black pepper
- White garlic powder
- Red paprika
- 1 stick of butter
- 1/4 cup fresh lemon juice (one lemon)
- 1/4 cup Worcestershire sauce

Directions

Season meat with pepper until you can't see the meat. Sprinkle garlic powder over the pepper and then paprika over the garlic powder.

Heat butter, lemon juice and Worcestershire sauce in a small saucepan.

Drizzle one Tablespoon of sauce over each tenderloin but don't disturb the spices, just make a paste. Flip the meat over and do the same to the other side. Marinate covered in fridge overnight.

Grill over hot coals for 6 to 7 minutes each side for medium rare.

This recipe is courtesy of Lisa Fagon.



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HOW TO IMPROVE THE Flavor profile of grilled foods

Many people insist grilling has no peers when it comes to cooking methods. Part of the allure of grilling is undoubtedly the chance to spend time outdoors in warm weather, which is when many people do the bulk of their cooking over an open flame. But grilling also produces unique flavors that simply can't be replicated.

It might be impossible to match the flavor of foods cooked over an open flame, but that doesn't mean those flavors can't be augmented. Grillmasters can try these strategies to improve the flavor profile of their favorite grilled dishes.

Add some wood

Wood is often utilized to add some extra flavor when smoking foods, but it also can add flavor when grilling in a more traditional way. Wood chips can be soaked in water or even wine or beer so they don't burn so quickly that the flavor gains are negligible. Wood chunks or logs will burn slower than chips, so there's no need to soak them. Wood imparts a unique flavor to grilled foods, making meals even more delicious.

Apply a dry rub

Dry rubs are made from dry ingredients like herbs and spices. Dry rubs don't penetrate the meat too deeply, which means they don't need much time to add flavor. That's ideal for people who decide to grill at the last minute and want to add flavor even if they don't have the time to marinate their meat.

Watch the temperature

Bring meat to room temperature prior to putting it on the grill. Meat that goes directly from the refrigerator to the grill is likely to cook unevenly, which can affect the overall flavor of the meal. But this issue is easily overcome by taking the meat out of the fridge about 20 to 30 minutes before putting it on the grill. Doing so lets the meat reach room temperature and increases the likelihood it will cook evenly.

Season your vegetables

Meat and other proteins might garner the bulk of the grilling attention, but vegetables are worthy additions to any grill grate. Grilled vegetables can be made even more flavorful with some light seasoning with a little kosher salt and/or black pepper before placing them on the grill. As the vegetables cook, they will absorb the salt, which adds to their flavor profile.

Dried herbs also can be used to season grilled vegetables for even more flavor.

(METRO CREATIVE)



Grilled foods are incredibly flavorful. That flavor profile can be even better when grillmasters employ a few simple techniques.

STOCK PHOTOS
Fresh from the Farm



Did you know?

Grilling is a summertime tradition, but health-conscious grillmasters may want to marinate their meats before cooking them over an open flame. Heterocyclic aromatic amines are compounds that can form when meats are cooked over an open flame.

HAAs are suspected carcinogens, but a 2008 study published in the Journal of Food Science found that, with a few exceptions, spice-containing marinades inhibited the formation of heterocyclic amines, thus providing reduced exposure to some of the carcinogens formed during grilling.

(METRO CREATIVE)



Island Teriyaki on Hibachi

Serves 4 to 5

Marinade

Combine 1/2 cup soy sauce
1/4 cup brown sugar
2 Tablespoon olive oil
1 teaspoon dry ginger
1/4 teaspoon pepper
2 cloves garlic, minced

Cut 1 1/2 pounds top sirloin steak in strips 1/4 inch thick by 1-inch wide, add to sauce, stir to coat. Let stand 2 hours.

Lace meat in accordion style on skewers. Add a water chestnut at the end of each. Broil over coals 10 to 12 minutes turning frequently, basting with marinade.

Recipe courtesy of Sarah Duesterbeck.

Grilled onions

Ingredients

4 large sweet onions
1/2 cup softened butter
2 teaspoon beef bouillon powder
1 clove of garlic finely chopped

Directions

Preheat grill for medium heat.

Mix softened butter with beef bouillon and garlic. Peel outer layer off onions. Slice onions into wedges without cutting all the way through to the bottom. Place each onion on separate piece aluminum foil. Spoon butter mixture into the center of the onions. Close foil packets. Place onions on grill over indirect heat, and close the lid. Cook for one hour, or until tender. Remove onions from the foil and serve with the juices.

Grilled Rosemary Chicken Breasts

Ingredients

Whisk
8 cloves minced garlic
2 Tablespoons olive oil
2 Tablespoons minced fresh rosemary
2 Tablespoons Dijon mustard
2 Tablespoons lemon juice
1/4 teaspoon ground black pepper
1/8 teaspoon salt together
4 boneless, skinless chicken breasts

Directions

Whisk first seven ingredients together in a bowl. Place chicken breasts in a resealable plastic bag. Pour garlic mixture over chicken, reserving 1/8 cup. Seal bag and massage marinade into chicken. Let stand for 30 minutes at room temperature.

Place chicken on preheated grill and cook for 4 minutes. Turn the chicken, baste with reserved marinade, and continue to grill until cooked through, about 5 minutes.

Cover with foil and let rest for at least 2 minutes before serving.

Potato Packets

Ingredients

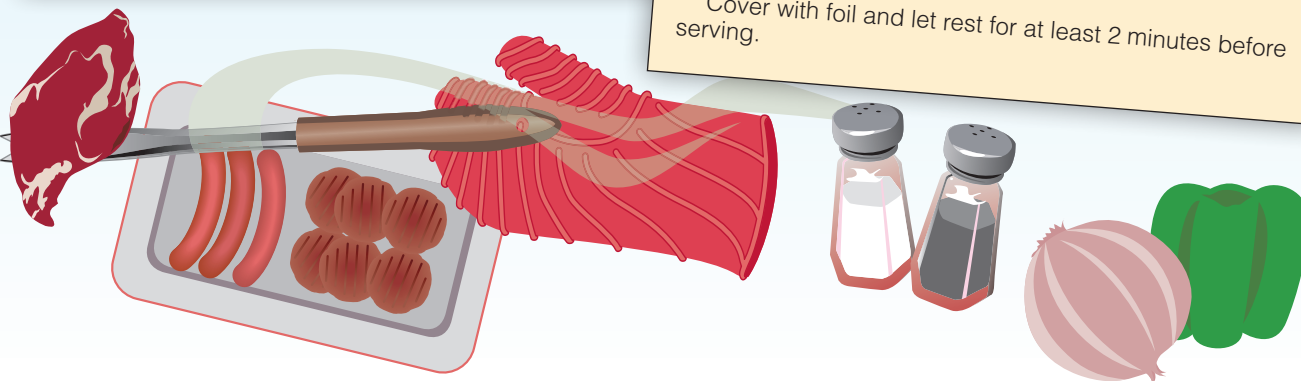
5 medium potatoes, peeled and thinly sliced
1 medium onion, sliced
6 Tablespoons butter
1/3 cup shredded cheddar cheese
1 Tablespoon fresh parsley or parsley flakes
1 teaspoon garlic powder
Salt and pepper to taste
1/3 cup chicken broth

Directions

Spray two large pieces of heavy-duty foil (about 20-by-20 inches) with cooking spray.

Divide the potatoes and onion evenly between the pieces of foil. Dot with butter. Top with cheese, parsley, garlic, salt and pepper. Fold foil up around potatoes and add the broth. Seal packets tightly.

Grill over medium heat 40 to 45 minutes.



Fire up the grill for fish

Grilling season presents ample opportunities to explore new culinary horizons. Just about anything that can be cooked indoors also can be prepared outdoors over an open flame. And many foodies insist that grilling produces unique flavors that simply cannot be replicated when cooking via other means.

Individuals looking to stray from grilling season staples like hot dogs and hamburgers can try this recipe for Mojito Fish Steaks courtesy of Andrew Schloss' "Cooking Slow: Recipes for Slowing Down and Cooking More" (Chronicle Books).

Mojito Fish Steaks

Makes 4 servings

Ingredients

4 firm-fleshed fish steaks, such as salmon, swordfish, kingfish, or sable, each 6 to 8 ounces, about 3/4-inch thick
2 tablespoons olive oil, plus more for brushing

Sea salt and freshly ground black pepper

For the Mojito Mop:

3 tablespoons light rum
Juice and finely grated zest of 1 large lime
1 tablespoon canola oil
1 teaspoon hot-pepper sauce
1 tablespoon sugar
4 tablespoons chopped fresh mint leaves

Directions

Light a grill for indirect low heat, about 200 F. If using a charcoal grill, build a small charcoal fire at one end of the grill. If using a gas grill, set a burner at one end of the grill to medium-low. Put the grill grate on the grill and clean the grill grate with a wire brush.

Coat the fish steaks with 2 tablespoons olive oil and season with salt and pepper. Set aside for 5 minutes.

Meanwhile, make the mop: In a small bowl, stir together the rum, lime juice, canola oil, hot-pepper sauce, sugar, and 3 tablespoons of the mint leaves.

Brush the grill grate with olive oil. Put the fish on the grill away from the heat, spoon 1 tablespoon of the mop over each fish steak, cover the grill, and cook until the fish steaks flake to gentle pressure, about 1 hour, basting with mop about every 5 minutes.

Serve each fish steak scattered with the remaining chopped mint and the lime zest.

(METRO CREATIVE)



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Grills aren't just for burgers and brats, try some fish recipes this summer to change things up.

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TIP: GRILL CLEANING

Use a halved onion on a hot grill to scrub off grime. It's a cheap, non-toxic alternative to other grill cleaners.

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