



# News From The Market

# August 1, 2009

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## What's Happening This Week:

# WE NEED YOUR

# VOTE

Morgantown Market is listed in the top 20

**America's Favorite Farmers Market Contest**

Make sure to vote for the Morgantown Farmers Market

[Click Here To](#)

## Featured Vendor **MOTHER EARTH FARM**

Waynesburg residents Dawn and Ethan Phillips had a dream of opening a greenhouse operation. They gardened together and discussed their visions while commuting to work in Morgantown before they were married in 1999. After the birth of their first son Jacob, Ethan started working for a local greenhouse operation and learned the trade first-hand. Dawn continued working, dividing her time between her job, raising a family and the business.



They started with a large garden on the Phillips family farm in Ruff Creek. In 2006 they built their first greenhouse, and in 2007 opened for their first spring season selling bedding plants, hanging baskets and vegetables in Ruff Creek. As their family and business have grown they now offer a full selection of plants. In 2009 they expanded to include a full selection of deciduous, evergreen and fruit trees, they also added berry bushes and shrubs.

Mother Earth Farm's retail greenhouse is located at the intersection of 221 and 19 in Ruff Creek, just behind the Ruff Creek Store. Their retail outlet closes at the beginning of July, however they continue to make their quality grown plants available by attending local farmers markets. If you would be interested in receiving an email notification when the store opens in the spring please send an email to Dawn at dawnjo13@yahoo.com. You can also stop by their booth at the Morgantown Farmers market to sign up and check out their selection and quality of beautiful planters, baskets, herbs and perennials. [www.motherearthfarm.com](http://www.motherearthfarm.com)

## VOTE

Thank You:

Jay's Daily Grind  
for donating ice  
weekly.

WV GIS Tech Center  
for making our  
wonderful market  
map.

Be A Locavore  
Support Your Local  
Farmer

**Musicians:**  
We are scheduling  
musicians! If you  
would like to be  
added to our  
musicians' schedule,  
please contact us  
Musician scheduling  
is on a first-come,  
first-serve basis.

**Non Profits :**  
As part of MFM's  
commitment to help  
improve the health of  
our community and  
our environment, the  
market is making  
space available  
each Saturday  
morning for an  
agricultural,  
environmental or  
health-related non-  
profit organization  
to distribute  
information and  
raise funds. Each  
organization is  
limited to one  
Saturday, and must  
schedule with the  
Market Manager in  
advance.  
Contact us today (or  
tomorrow, or the day  
after that even!)

# SHOPPING LIST

## **Mother Earth Farm**

We will have our amazing \$5.00 planters. Assorted colors some for sun and some for shade.  
Herbs (including Cilantro and Basil) for \$2.00  
House plants for \$3.00  
Rex & Angel Wing Begonias for \$4.00  
Hanging Baskets for \$8.00  
Perennials for Sun or Shade \$3.75

## **White Buck Fam**

We will have our full line of gourmet jam, jelly, relish and other Pennsylvania Dutch inspired culinary delights to satisfy your tastebuds. Try our new Pennsylvania Dutch Chow-Chow vegetable relishes. We have two kinds of Blueberry Jams for sale, made with and without white sugar. Get to know what good is!

Please recycle your plastic grocery bags, egg cartons and canning jars with White Buck Farm. Just bring your clean surplus items to the stand and drop them off.

## **FireFly Fams**

Mike Koch/Pablo Solanet  
Artisanal Goat Cheese - Fresh Chevre and many aged varieties

## **Becilla Honey**

HONEY- Spring and Summer honey in various containers such as Bears, Queenline, Skeps, quarts and pints. Honey sticks and creamed honey are also available.

## **Shisler Farm's / D & L Fam**

We will have beans, beans and more beans, rhubarb, cucumbers, squash, old fashioned apple butter, variety of jams, variety of baked goods as time allows. Fresh Pork ( not cured/smoked), yukon gold potatoes.

## **Forever Greene House**

This week we will bring Beefstake Tomatoes & Cherry Tomatoes to the market.

## **DeBerry Fam Fresh Produce**

New red potatoes, a few strawberries, a few raspberries, lettuce, several varieties of kale, Swiss chard, broccoli, cauliflower, cucumbers, bell peppers, Italian bull-horn sweet peppers, hot banana peppers.

## **Moonlight Gardens**

Green beans, new potatoes, cukes, sweet corn, yellow squash, arugula, rapini, sweet & hot peppers

## **MOUNTAIN DIAMOND LONGHORNS**

Smoky Gourmet Beef Sticks and Jerky  
Freezer beef-sale on Ground Beef tubes or patties, \$2.75/lb  
various steaks, roasts, large roasting chickens  
zucchini, cucumbers, onions, green beans  
a few fresh salad greens  
chard  
parsley  
maybe some tomatoes

to see what dates are available.

[Join Our Mailing List!](#)

## **Hopping Acres Lady Baa Baa's Kitchen Kelly Smith-Anderson**

The Original Happy Eggs from Happy Chickens  
Farm Fresh Goodies like Grandma used to make:  
Breads: Sally Lunn, Molasses Oat, A variety of Sourdoughs,  
Nutty Shepherd, Potato, Chive & Cheddar,  
Chocolate & Peanut Butter Fudge, Old Fashion Potato Candy,  
**New This Week:** WV Peach and Organic Blueberries in:  
Cobblers, Crumbles, Cakes, Filled Cookies, Jumbo Muffins,  
Sheep Sugar Cookies  
7 Grain Pepperoni Rolls, Turkey pepperoni or regular  
Fresh Herbs  
Fresh Produce if time allows.  
Wool products and yarns

## **Stewart's Fam & Greenhouse**

French Shallots, Garlic, fresh Onions  
Green Beans, Heirloom Yellow Wax beans, a bit of Kohlrabi  
Fresh Cut & Dried Herbs  
Caladiums, Elephant Ears, Calla Lilies & Hosta  
Tropical Foliage Plants

## **Red Barn Farm**

Goat Meat - Boneless leg of kid, loin and rib chops, ground and stew meat from pasture raised goats;  
Cinnamon Rolls, Whole Wheat Chai Coffee Cake, Norwegian Rye and Spelt Breads made with organic flours, RBF honey and eggs;  
Honey Walnut and 3 Grain Maple Nut Granolas made with organic rolled grains, raisins and RBF honey  
Microgreens - Antioxidant mix - Sunnies back next week!  
Swiss Chard  
Beets  
Farm News: Two Anatolian Shepards will be the newest addition to our farm. We have had coyote losses. Bear and mountain lions have been spotted close by!

## **Eisenstat Pork**

This week we'll have pork tenderloins, bacon, pork chops, sausages, ribs, and several varieties of roasts, free-range eggs (assorted medium to extra-large, jumbo, and pullet = small), as well as hardneck garlic and new potatoes.

## **White Oak Ridge Fam**

Pasture Raised Turkey Breast  
Pasture Raised WV Pork products, Bacon, Smoked Sausage, Sausage dogs, Ham, Smoked Pork chops.  
Pasture Raised Chicken, whole, cut up and smoked  
We will also have the Chicken Jerky and farm fresh brown eggs.

## **New Day Bakery**

Featuring handmade brick-oven-baked artisan breads.  
Cranberry Walnut \* Rustic Italian \* Sourdough \* Baguettes \* Ciabatta \* Sevensgrain \* Olive Rosemary \* WV Wheat  
Spinach and Feta or Pepperoni and Mozzarella Stuffed Ciabattas  
Plus an assortment of scones, muffins, and big cookies.

## **Evans Knob Farm**

### **Reid and Kathy Evans, And Emily too.**

What we expect to bring to the market this week  
POTATOES; french fingerling, kitchen sink medley. COOKING GREENS; kale, chard, bulls blood beet. Cauliflower, Broccoli, Cabbage, Fava Beans, Sugar Snap Peas, Carrots; yaya, purple

haze, yellowstone. Green onions, basil, mint, parsley. Maple Syrup, jams and jelly. Goat milk Oat 'n Honey Soap, Handspun Woolies.

### **Ann Sandor**

Pies, muffins, scones, cow sugar cookies, granola bars, blueberry tarts, feta tarts

Coffee from Jay's Daily Grind

Milk and Honey Soap

### **Round Right Farm**

Steve & Sunshine Vortigern

Specials this week: head lettuce & sugar snap peas

Salad Mix, Cabbage, Sun Gold tomatoes, Spinach

Haricots Verts green beans, Snow & snap peas

Swiss Chard, Kale Summer Squash Peppers

Fennel, Cilantro, Parsley, Basil

Eggplant, Onions, Shallots Carrots, Beets

### **The Shepherders Kitchen**

Amish Butter Top, English Muffin, Shepherders, Multi Grain, Pioneer, Sundried Tomato & Basil, Olive & Feta, Ezekiel, Tuscan Peasant, Cinnamon Raisin

\*\* Gluten Free Bread\*\*

Sweet Treats:

Cinnamon Rolls, Wilderness Lodge Cookies, Molasses Cookies, Zucchini Bread and fresh Peach pies

Farm Fresh Eggs

Herb & Berry Vinegars

Homemade Jams & Jellies

### **Daybreak Farm/ Dave & Nancy Eddy**

Sweet Corn, Tomatoes, Potatoes, Zucchini, Cucumbers, Dog Treats, Eggs, Cabbage, Hot Peppers and Green Peppers.

### **Backbone Food Fam**

Working With Nature to Raise Healthy Food

No synthetic chemicals used!

Head lettuce, swiss chard, kale, cauliflower

Yellow wax beans, Italian flat beans

Rainbow carrots, carrots

Red potatoes, Peruvian purple potatoes, salem potatoes

Basil, cilantro

Cucumbers

Squash

Shiitake mushrooms, oyster mushrooms!!

Onions, onions, onions!

### **VENDORS AWAY**

#### **Gardenville**

# RECIPE CORNER

submitted by Market Patron, Shelly Poston

## Zucchini Burgers - makes about 20 thin patties

2 torpedo zucchinis, grated  
1 onion, chopped  
5 cloves garlic, chopped  
1 1/2 c. cornmeal  
2 c. oats  
1/2 c. toasted wheat germ  
1/4 c. nutritional yeast  
1 T. poultry seasoning  
1 t. dry mustard  
1 t. curry powder  
2 t. Original Mrs. Dash seasoning blend  
1/2 c. salsa

Mix all dry ingredients together well in a large bowl. You can prepare the veggies in a food processor: Using "S" blade, add onions and garlic to work bowl and process until finely minced. Put into large pot and start "sautéing" in a little water. Replace "S" blade with the shredder attachment and grate the zucchini.

After the onion and garlic have cooked about 5 minutes, add the zucchini and continue sautéing 5-10 minutes more. Add as little water as possible during cooking, just enough to prevent sticking.

Add to dry mixture and mix well. Shape into about 20 patties, each equal to a heaping ice cream scoopful. Broil on a generously PAM-sprayed pan on the second-highest oven rack, usually 10 minutes on the first side and 5 minutes on the second. (You can PAM-spray the tops of the burgers before broiling for extra crispiness.) Freeze extras and reheat in the oven or microwave.

Be careful flipping the burgers. They can stick if the pan isn't sprayed enough, and they can be soft if not cooked enough. But, they are so tasty they are worth the trouble!

To contribute information to the newsletter ,  
contact Kelly Smith [hoppingacres@frontiernet.net](mailto:hoppingacres@frontiernet.net)

Thank You for your continued support of our market!  
~Morgantown Farmers Market

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