



# News From The Market

# August 15, 2009

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## Featured Vendor

### DeBerry Farm Fresh Produce

**Charles, Cheryl, & Anna DeBerry (& a baby on the way!)**



DeBerry Farm Fresh Produce started in 1998 with just a half acre of mostly tomatoes and peppers. Through the years, the farm increased capacity to its current 8-10 acres of a wide variety of fresh produce, including vegetables, melons, berries, and herbs. The farm now boasts two high tunnel structures and a greenhouse. They start all their own plants in the spring from seed, and purchase some young plants in the summer for fall harvest. According to Cheryl, "We take pride in being "low input" farmers, meaning we use as many organic and all-natural methods of controlling weeds, insects and disease as we can. We are not certified organic, though, and will use minimal over-the-counter conventional products if we find we may lose our crop. Our daughter is in the fields with us every day, and we won't do anything that we feel would harm our precious little girl."

They sell at the Oakland, MD farmers market on Wednesdays and the Morgantown Farmers Market on Saturdays. They also have their red bell peppers made into a delicious hot pepper jelly and their tomatoes/onions/peppers made into salsa each year. Visit their website to learn more about their farm, see pictures, and learn about their CSA vegetable subscription service.

Charles & Cheryl have farming in their blood - both grew up on farms. Charles is a native of Oakland, Maryland and Cheryl grew up in Tucker County, WV. After a 10 year career as an agriculture education teacher at the high school level, Charles resigned to

## What's Happening This Week:

### ENTERTAINMENT

**Richard Pierce**

Morgantown Farmers Market

#### 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

#### Musician s:

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!) to see what dates are available.

## Join Our Mailing List!

farm full time and take care of their new daughter, Anna. Charles & Cheryl are expecting their 2nd daughter around November 1. Cheryl has an off-farm job; she serves as the Natural Resources Business Specialist for Garrett County, Maryland's Economic Development department. Cheryl maintains the Morgantown Farmers Market website and also serves on the national Farmers Market Coalition board of directors ([www.FarmersMarketCoalition.org](http://www.FarmersMarketCoalition.org)).

"Our favorite part of the Morgantown Farmers Market is the customers!" said Charles. "Without them, the market wouldn't even be there. They make our long week's work seem worthwhile."

## SHOPPING LIST

### **DeBerry Farm Fresh Produce**

Broccoli, cauliflower, tomatoes (heirloom, hybrid, grape, and cherry), a few strawberries, maybe red potatoes, lettuce, Swiss chard, kale, bell peppers, hot peppers, sweet Italian bull-horn peppers, our hot pepper jelly and medium salsa, plus a few surprises. We'll probably be on a sweet corn hiatus for a few weeks - more to come in a few weeks!

### **Round Right Farm**

Steve & Sunshine Vortigern  
Salad Mix  
Spinach  
Tomatoes  
Cucumbers  
Squash  
Cilantro  
Basil  
Peppers  
Eggplants  
Green Beans  
Head Lettuce  
Shallots  
Scallions  
Carrots  
Beets  
Potatoes

### **FireFly Farms**

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

### **Toboggan Hill Farm**

Pork chops, bacon, sausage, roasts, ham, and other pork products. We also have eggs, garlic, potatoes, and onions.

### **White Buck Farm**

Will have their full line of gourmet jam, jelly, relish and other Pennsylvania Dutch inspired culinary delights to satisfy your taste buds. For the berry lovers, we have seedless Blackberry Jam, Black Raspberry Jam, Red Raspberry Jam, Strawberry Jam and Strawberry Rhubarb Jam.

Farm News: So far, no blight in sight to give us fright at night!

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

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

Sweet corn, tomatoes, zucchini, cucumbers, dog treats, eggs, hot peppers and green peppers.

### **Strath an De Farm**

Scottish Highland Beef -Frozen cuts, canned beef, Beef Jerky, Summer Sausage, Snack Sticks, Maple syrup, and cutting boards (maple and walnut)

### **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

Liver Pet Treats

Microgreens - Sunnies and mixed microgreens

Swiss Chard

Beets

Celery

Fresh herbs - basil, oregano, parsley, sage, dill, thyme, cilantro

Farm News: The Anatolian puppies are here! They are going to be huge.

### **Moonlight Gardens**

Arugula, basil, sweet & hot peppers RED RASPBERRIES, eggplant, squash, sunflowers, red & white potatoes, cucumbers, & maybe some sweet corn, all grown organically

### **Ann Sandor**

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

Coffee from Jay's Daily Grind

Milk and Honey Soap

### **Shisler Farms**

Romney Peaches, Nectarines and Apples. variety of Peppers, onions, squash, Jams, Old Fasioned Apple Butter, and Maybe some Rhubarb as it is almost finished for the season.

## **D & L Farm**

Yukon Gold potatoes, squash, variety of baked goods as time allows. A special on a certain cut of Pork come see what the "Farm Special" is this week.

Allison will have raffle tickets for the 4-H, FFA raffle hog, drawing will be Aug. 29, need not be present to win. \$1.00 ea. or 6 for \$5.00.

Proceeds helps with the county show and sale expenses. ???? come see Allison.

## **Forever Greene House**

We will be bringing tomatoes, cherry tomatoes and our own Hot!!! Sauce.

## **Evans Knob Farm**

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

Cucumbers

Summer Squash: Patty Pans and Zucchini

Broccoli, Cabbage, Cauliflower

Carrots: Purple Rain, Yaya, Yellowstone

Cooking Greens: Kale, chard, perpetual Spinach, Bulls Blood

Garlic

Potatoes: all blue, German Butterball, Russian Banana, French Fingerling, Rose Gold.

Herbs

Tabouleh Bundles

Green Onions,

Maple Syrup

Goat Milk Soap

Handspun Woolies.

## **The Shepherders Kitchen:**

Breads:

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

## **Hopping Acres/ Lady Baa Baa**

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

### **Mother Earth Farm - Dawn Phillips**

Fall Mums! \$2.00 each

Hanging baskets \$8.00 each

Assorted Herbs \$2.00 each

Annuals \$2.00 each

Rex Begonias \$4.00

House Plants \$3.00

Amazing Combo Planters for only \$5.00 each!

### **New Day Bakery**

Featuring handmade brick-oven-baked artisan breads.

Cranberry Walnut \* Rustic Italian \* Sourdough \* Baguettes \* Ciabatta \*

Sevengrain \* Olive Rosemary \* WV Wheat

Spinach and Feta or Pepperoni and Mozzarella Stuffed Ciabattas

Plus an assortment of scones, muffins, and big cookies.

### **VENDORS AWAY**

Hawthorne Valley Farm

Gardenville

Mountain Diamond Longhorns

## **RECIPE CORNER**

### **Chilled Peach and Nectarine Soup Recipe #310546**

Originally this recipe, which came from a Gourmet magazine, called for peaches. Because I had not purchased enough peaches I substituted nectarines and since then that is the way I make it. Very refreshing in the summer and even men (who normally do not like cold soup) seem to enjoy it.

by Chef #570804 Halifax Liz 30 min | 30 min prep | 7 cups

5 peaches, peeled, pitted and sliced  
5 nectarines, peeled, pitted and sliced  
2 cups fresh orange juice  
3/4 cup pineapple chunk, canned and drained  
1/2 cup pineapple juice, that was drained from the can  
1 teaspoon ground ginger (or equivalent in fresh)  
1 cup sour cream  
mint sprig (to garnish)

Puree fruit with 1/2 cup of the juice. Transfer to a large bowl. Stir in remaining 1-1/2 cups orange juice.

Puree pineapple with 1/4 cup reserved juice and stir into fruit puree.

Whisk in ginger, sour cream and enough of the remaining pineapple juice to thin the soup. Stir in confectioners' sugar if you want it sweeter.

Chill several hours until very cold. Serve garnished with mint and reserved fruit slices.

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# Be A Locavore

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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