



News From The Market

August 22, 2009

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What's Happening This Week:

FRESH CORN

TOMATOES PEACHES

BUY FRESH BUY LOCAL

Featured Vendor Round Right Farm

Round Right Farm is owned and operated by the Vortigern family: Steve, Sunshine, Xavier & Isis.

You can find us at the Morgantown farmer's market every Saturday morning. Or, you can stop in at the Richwood Grill or Madeline's to get a taste of our delicious veggies prepared by excellent chefs. We also currently provide a farm subscription service (CSA), which provides weekly deliveries of a diverse selection of seasonal organic vegetables from late May to early October. We are hoping to expand our membership in 2010. For more information, or to add yourself to the waitlist, please visit our website: www.roundrightfarm.com



Our beautiful 41 acre farm is located near Cranesville, WV; it is the last piece of what was once a large farm that raised sheep, corn and supported a happy family. For the last 30 years the land has been used to grow corn, oats or hay. We are now in our third season of organic vegetable production. Though we are not certified organic, we do follow the NOP organic regulations and are always happy to discuss our farming practices.

It is our dream to one day have a more diversified farm that includes an orchard, perennial berry bushes, a dairy cow, pastured egg-laying hens, and grass fed beef. We're proud to be a part of the growing local food movement, and to be living in such a beautiful corner of West Virginia while we're at it.

Thank You:

Jay's Daily Grind
for donating ice weekly.

SHOPPING LIST

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!](#)

Round Right Farm

Steve, Sunshine, Xavier & Isis Vortigern
Salad Mix
Spinach
Sun Gold tomatoes
Heirloom & hybrid slicing tomatoes
Potatoes
Onions
Shallots
Head Lettuce
Summer Squash
Eggplant
Peppers
Basil, Cilantro & Parsley
Carrots
Beets

Mountain Diamond Longhorns

Serendipity sweet corn (the best!)
3 varieties of squash
baby lettuce
parsley
Chard
tomatoes
Cucumbers

Whole beef muscle products:
smokey gourmet beef snack sticks
tangy summer sausage
Sweet and spicy beef jerky
Don't forget our continuing ground beef sale,
\$2.75/lb
and various other cuts of frozen cuts of beef
at reasonable prices.

Frozen wholes and halves of roasting
chickens

Register with your extension agent for our Field Day on August 29. We
will feature 4-H and FFA participation, demonstrations, and a pasture walk
to see the Longhorns and our ponds, etc.

FireFly Farms

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

Daybreak Farm/Dave and Nancy Eddy

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

DeBerry Farm Fresh Produce

We'll have lots of TOMATOES: Hybrid (red round), Roma (paste),
Heirloom (pink), Cherry, and Grape varieties. Plus we'll have peppers
(bells, hot bananas, sweet bananas, Italian bull horn sweet peppers,
jalapenos, cayennes, and hot red cherry peppers), garlic, baby zucchini &

yellow squash, a few green beans, kale, collards, a few strawberries, and a few surprises. Plus come get a jar of our hot pepper jelly and medium salsa.

GARDENVILLE

Garlic, Lemon Cucumbers, Kentucky Wonder Green Beans, Beets, Dried Chamomile, Soap for people and dogs.

Carolyn Atkins - "Rural T" - at the Market

Kale, lettuce, edamame beans, cucumbers, and a maybe a "giant kohlrabi

Stewart's Farm & Greenhouse

Garlic, TOMATILLOS, Beets, Cabbage & Green Onions
Hot Peppers, Anaheim Chili, Inferno & Cayennes
Fresh Cut & Dried Herbs
Fresh Cut Dahlia, Butterfly Bush & PeeGee Hydrangea Bouquets
LISIANTHUS Cut flowers, also called "Prairie Gentians"
Caladiums, Elephant Ears, Ginger Plants & Patio Dahlias.

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)

Moonlight Gardens

Arugula, green & lima beans, cukes, squash, RED RASPBERRIES, hot & sweet peppers, eggplant, tomatoes, red & white potatoes

Ann Sandor

Pies, muffins, scones, cow sugar cookies, granola bars, feta tarts, summer sausage rolls.
Coffee from Jay's Daily Grind
Milk and Honey Soap

Shisler Farms

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

D & L Farm

Will have 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. \$100 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.

Kale, Chard, Bulls Blood Beet, Perpetual Spinach.

Carrots: Yaya, Purple Haze, Yellowstone

Leeks, Green Onions, Garlic

Beets

Goat milk Oat "n Honey Soap

Maple Syrup

Cauliflower, Broccoli, Cabbage: savoy and red

Potatoes: Kitchen Sink Medley, All Blue, Russian Banana, Rose Gold,

German Butterball, Potato Crunchers Kits

Summer Squash: Green and yellow Zucchini, Patty Pans, Magda, (middle eastern zuke), Rhon De Nice' (Round French Zuke)

/Tabouleh Bundles, Green Salsa Kits, Herbs: basil, parsley, summer savory,

Blueberry Jam and Elderberry Jelly

Handspun woolies.

The Shepherders Kitchen

Breads:

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

** Gluten Free Bread**

Sweet Treats:

Cinnamon Rolls, Wilderness Lodge Cookies, Molasses Cookies, Zucchini Bread, Fresh Peach Pies, Nectarine Tarts.

Fresh, homegrown herbs

Farm Fresh Eggs

Herb 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 Wild Blackberries in:

Cobblers, Crumbles, Cakes, Filled Cookies, Jumbo Muffins, Sheep Sugar Cookies

7 Grain Pepperoni Rolls,

Fresh Herbs

Fresh Produce if time allows.

Wool products and yarns

Mother Earth Farm

Dawn Phillips

Herbs in pots for \$2 each:

Basil, Rosemary, Oregano (greek and golden), Patchouli, Thyme (lemon, & creeping), Mint

Annuals in pots for \$2 each

Amazing Planters for \$5 each

Large Fall Planters \$20.00

Perennials for sun and shade for \$3.75

Hanging Baskets for \$8.00 each
Rex Begonias \$4.00
House Plants \$3.00

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.

Toboggan Hill Farm

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

Lee Farms

We will be offering peaches, apples, pears, corn, beans, cabbage, broccoli, cauliflower, tomatoes.

VENDORS AWAY

WHITE BUCK FARM
WHITE OAK RIDGE FARM
RED BARN FARM
BECILLA HONEY
HAWTHORNE VALLEY FARM

RECIPE CORNER

Heavenly Summer Beet Pasta Salad

SUBMITTED BY SUNSHINE VORTIGERN

I had this dish last summer when visiting our friend, Paul Roberts, the wine-maker. Not only is he the brain and finesse behind Deep Creek Cellars, but he is also a gardener and excellent chef. He told me that this is based on a traditional Italian recipe that uses summer vegetables.

1 box of pasta such as bow ties, gemelli, rotelle or penne
4-8 beets, depending on size (golden beets are especially excellent here)
1/4 c. finely chopped cilantro
handful of fresh basil, chopped
balsamic vinegar
olive oil
honey
tamari/soy sauce
1 medium onion or 3-4 shallots, chopped
2 bell peppers, chopped
2-3 baby summer squash
1 fennel bulb, sliced thinly (optional)

Chop the beets into bite-sized pieces and cook in a small saucepan with enough water to cover, until tender to the fork.

Meanwhile, saute the onion in a bit of garlic until soft. Add peppers, squash and fennel, cooking until just soft.

Mix dressing by combining vinegar, olive oil, and tamari in relatively equal portions (I prefer less oil proportionally). Add a drizzle of honey and shake.

Cook the pasta according to directions and drain.

When beets are tender, combine them with the onion mixture, pasta, basil and cilantro.

Add dressing and toss. This salad is best served warm, but can also last in the fridge for a couple days.

Be A Locavore

To contribute information to the newsletter ,
contact Kelly Smith hoppingacres@frontiernet.net

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

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