

# News From The Market August 29, 2009

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## What's Happening This Week:

- FRESH CORN
- TOMATOES
- PEACHES

## NON PROFIT

Compeer  
of Monongalia  
City

BUY FRESH  
BUY LOCAL

## Featured Vendor

### Courtney's Garden Fresh Products



Courtney's Garden Fresh Products started with an eager 8 year old child helping her Pap in his garden in Ridgeley, WV. That early experience blossomed into a love for growing things and when Courtney turned 9, she joined the Traveler's 4-H Club and decided to do a "self-determined" gardening project. She started with a small garden plot on the 63-acre farm her family owns in Terra Alta, WV. It was soon discovered that Courtney has a green thumb and each year the plots seems to double in size.

She is now a 12 year old "producer" of fresh fruits and vegetables which she sells at local Farmer's Markets. This year her 4-H project was titled "Greenhouse to Garden" and she experimented with growing plants from seed in her greenhouse and transplanting to her garden in early June. She planted about 50 tomato and pepper plants the first week of June only to have them killed by heavy frost that same week. Despite weather set-backs, she replanted and has been rewarded with beautiful tomato plants which have been in high demand this season.

Her vegetable plot contains Swiss chard, corn, broccoli, cabbage, green beans, peas, onions, beets, lettuce, tomatoes, potatoes, wax beans, zucchini, yellow squash, patty pan squash, gourds, cucumbers, and rhubarb.



## SPECIAL INFORMATION

## MARKET SURVEY

We invite you to give us your feedback on the Morgantown Farmers Market by taking time to go the [morgantownfarmers.org](http://morgantownfarmers.org) and fill out the Market Survey. This will help the Board of Directors in their planning for the future of the market this fall. Thanks in advance for your help.

### Mother Earth Farm

We have come to an agreement with the local GreeneARC program to wash all of our recycled pots. This puts local folks with mental and physical disabilities to work and keeps more plastic products out of landfills. We're happy to have you return any pots, planters, baskets or trays for us to re-use.

### Mountain Diamond

### Longhorns

Each year we have partnered with WVU Extension and the WV Department of Agriculture to showcase educational and farm related information. We have the programs and

Courtney also has a berry patch with around 2,000 strawberry plants and hundreds of raspberry and blackberry plants. She has recently started making her own strawberry jam which her family and friends greatly enjoy!

Courtney relies on her volunteer staff of 6 (Dad, Mom, brothers Nathaniel and Justin, and sisters Shannon and Katie) to help her pick her produce for market. She loves selling her produce at local farmers markets and talking with customers about the produce she has grown.

## SHOPPING LIST

### FireFly Farms

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

### 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 and maybe a new flavor! -made with organic rolled grains, raisins and RBF honey

Liver Pet Treats

Microgreens will be few and far between due to crop failure :- ( I am frantically trying to deal with issues caused by cool, damp weather - sorry.

Swiss Chard

Beets

Celery

Summer Squash - Raven, Golden, Costa Romanesco and stuffing zucchs, yellow crooknecks

Beans - Blue Lake, Masai French Fillet, Golden Wax, Romano

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

### Backbone Food Farm

### Max and Katharine Dubansky

### Oakland. Md

All natural , absolutely no chemical produce this week:

Salad mix

Swiss chard

Kale

Kolhrabi

Broccoli

Onions

Shallots

demonstrations in the morning, a delicious lunch, and then a pasture walk to see the ponds, hills and the LONGHORNS! The day is free to the public. Please register your intent to come with the Preston County Extension Office, 304-329-1391.

Directions to the farm:

Route 7 east through Kingwood, then south on 26 to Tunnelton, then follow the signs.

Route 50 east to 26 north to Tunnelton, all the way through Tunnelton then follow the signs.

## **D & L Farms**

Will be attending the fair. Stop and see Allison & Chad showing their animals.

### **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!**

Carrots

Beets

Haricover French gourmet beans

Green beans

Potatoes

Summer squash and zucchini

Basil

Shiitake mushrooms

Cilantro

Heirloom and cherry tomatoes

## **Stewart's Farm & Greenhouse**

EDAMAME

Cured Garlic, Garlic Braids, TOMATILLOS

Heirloom Red Velvet Okra, Green Onion Bunches, yellow wax beans

Hot Peppers: Anaheim Chilies, Infernos, Cayennes, Thai Hot Fresh Cut Herb Bunches & Dried Herbs

LISIANTHUS cut flowers, Dahlia & Hydrangea Bouquets

Assorted Tropical plants including Caladiums & Ornamental Ginger!

Fall Chrysanthemums

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

Eggs, dog treats, tomatoes, green beans, hot peppers, green peppers, cucumbers, and zucchini.

## **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 hom 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.

## **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, basil, lima, half runner & tenderette beans, 4 kinds of summer squash, some tomatoes, red & gold new potatoes, hot & sweet peppers, baby beets, RED RASPBERRIES, Bartlett pears, all grown organically

## **Ann Sandor**

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

Coffee from Jay's Daily Grind

Milk and Honey Soap

### **Shisler Farms**

Shisler Farm will have the last of Romney peaches - boy were they good while they lasted - and maybe nectarines this week. We will have Romney apples along with our own beans, cabbage, a variety of peppers, tomatoes, squash, jams, old fashioned apple butter and whatever else is ready.

### **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.**

Royal Burgundy Beans: Purple bean that turns green when cooked.

Cooking Greens: Kale, Chard, Bulls Blood Beet, Perpetual Spinach.

Carrots: Purple Haze, Yellowstone, Purple Rain

Green Salsa Kits

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

Tabouleh Bundles: Contains herbs and green onions just add Bulgar wheat and some tomatoes.

Goat milk Oat "n Honey Soap

Maple Syrup

Cauliflower: Romanesca, looks somewhat alien. Broccoli,

Cabbage: savoy and red

Potatoes: Kitchen Sink Medley, All Blue, Russian Banana, Rose Gold, German Butterball, Potato Crunchers Kits

Leeks, Green Onions, Garlic

Beets

Herbs: basil, parsley, summer savory, thyme, chervil

Blueberry & Peach Jams and Elderberry Jelly

Handspun woolies.

### **Shepherds Kitchen**

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, Apple Pies

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,  
Nuttly Shepherd, Potato, Chive & Cheddar,  
Chocolate & Peanut Butter Fudge,  
WV Peach and Wild Blackberries in:  
Cobblers, Crumbles, Cakes, Filled Cookies, Jumbo Muffins,  
Sheep Sugar Cookies  
7 Grain Pepperoni Rolls, Turkey Pepperoni Rolls  
Fresh Produce if time allows.  
Wool products and yarns

### **Mother Earth Farm**

#### **Dawn Phillips**

Herbs in pots for \$2 each:  
Annuals in pots for \$2 each  
Amazing Planters for \$5 each for small and \$20 for large  
Perennials \$3.75  
Hanging Baskets for \$8.00 each  
As always we are happy to take back any pots, planters,  
baskets and trays that are made of sturdy plastic. We are  
also happy to re-use any plastic shopping bags you have  
laying around. Thanks so much!

### **Round Right Farm**

#### **Steve, Sunshine, Xavier & Isis Vortigern**

**\*\*We are offering bulk basil to those who want to  
freeze/dry it for the winter.\*\***

Salad Mix  
Spinach  
Head Lettuce  
Onions  
Potatoes  
Sweet Corn?  
Leeks  
Carrots  
Beets  
Shallots  
Edamame Soybeans  
Summer Squash  
Basil  
Parsley  
Eggplant  
Peppers  
Tomatoes

### **Toboggan Hill Farm**

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

### **Mike's Berry Patch**

Fresh Picked Raspberries

### **VENDORS AWAY**

Mountain Diamond Longhorns  
D & L Farms  
Gardenville  
Rural T

### **RECIPE CORNER**

#### **CANNING HEIRLOOM TOMATOES**

submitted by Kelly Anderson Hopping Acres/ Lady Baa Baa's Kitchen



Harvest 2009

It has been a tradition here at Hopping Acres of raising a variety of heirloom tomatoes. Every year we can all our own tomatoes.

The following directions from a 1950 Kerr Canning book. Please note you can include all varieties to make a very pretty jar of yummy tomatoes for the winter months.

WASH tomatoes. Scald in boiling water long enough to remove peel. ( 10 seconds). Plunge into cold water. Peel, core, quarter and firmly pack into jars to within 1/2 inch of top. Add no liquid. Add 1/2 teaspoon salt to each pint jar. Put on cap,screw band firmly tight. process in **BOILING WATER BATH.**

**PROCESS: PINTS 40 MINUTES  
QUARTS 45 MINUTES**



## **Colorful Potato Salad**

submitted by market customer Shelley Poston

Kitchen Sink Potato Medley from Evan's Knob Farm,  
Purple Rain and Yellowstone carrots from Evan's Knob Farm,  
Haricots Verts (slender, crunchy, sweet green beans) from Round Right Farms,  
Swiss cheese, 2%, sliced (from Krogers),  
Fresh chives from Stewart's Fam & Greenhouse,  
Fresh or dried dill and summer savory from Stewart's Fam & Greenhouse,  
Caraway seeds,  
Fresh lemon sorrel from Stewart's Fam & Greenhouse,  
Island Grove Mango Poppy low fat dressing (from Krogers),  
Honey mustard.

These veggies can be cut and added warm or cool. Either way, it tastes great! Mix gently after each addition, so the potatoes do not become mashed.

Bake, grill, boil or microwave potatoes till still firm. Cut into bite sized pieces.

Mix in freshly sliced, raw carrots and freshly cut green beans. (For those who prefer them cooked, the beans and carrots could be blanched or gently steamed till still firm, then cooled.)

Cut cheese into small squares & fold in.

Chop chives & fold in.

Sprinkle on dill, summer savory, and caraway seeds to taste.

Cut sorrel into bite sized pieces and fold in.

Mix in mango poppy dressing and honey mustard to taste.

Follow with any fresh fruit for desert! Yum!

## **Grilled Goat Loin Chops**

submitted by Red Barn Farm

This is a quick and easy recipe!

enough Goat Loin Chops to feed everyone (2 per person?)

olive oil

a handful of fresh rosemary

a handful fresh oregano

1 fresh garlic clove for each loin chop

salt and pepper

Chop garlic, herbs and salt and pepper to taste in food processor until finely chopped. Add olive oil and process until you have a paste.

Cover both sides of loin chops with garlic/herb paste, cover and refrigerate for several hours or overnight.


Preheat grill on low. Grill chops until they are your desired doneness, about 3-5 minutes each side. It doesn't take long - watch carefully so they are not overcooked. Cooking time will vary due to individual grill temperatures.

## 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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