



## News From The Market

August 8, 2009

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## National Farmers Market Week

BUY FRESH

BUY LOCAL

### What's Happening This Week:

## COOKING DEMO

Hannah Finchum with  
WVU Extension

## ENTERTAINMENT

HOOPING WITH  
Laura Bergstein

## HELP

WE NEED  
YOU

Stop by the market table this week to learn more about the new Buy Fresh Buy Local® WV Chapter. The debut of the chapter, a part of the FoodRoutes Network, was timed to coincide with National Farmers Market Week, (August 2-8th), and seeks to educate and motivate about the benefits of eating locally. Now consumers can join with farmers, markets, chefs, bakers and other local food purveyors to advocate for and connect to fresh, local food and can support growing food right here in West Virginia. Organizers of the state chapter will be there to talk with you--some of you may recognize the names of three of the ten-member group--Sunshine Vortigern of Round Right Farm; Cheryl Brown, WVU College of Agriculture; and Susan Sauter of the WV Farmers Market Association. They will also hand out free market bags and postcards; sign up supporters; and raise funds with the sale of their Buy Fresh Buy Local® bumper stickers. If you will miss the market this Saturday, you can go on-line to purchase the gorgeous bumper stickers and even join on-line. See complete details at [www.wvfarmers.org/buylocalwv/](http://www.wvfarmers.org/buylocalwv/) or email the organization at [bfblwv@gmail.com](mailto:bfblwv@gmail.com)

Buy Fresh, Buy Local® West Virginia is an all-volunteer project of the WV Farmers Market Association and was begun with a Specialty Crops Grant from the WV Department of Agriculture.

### Featured Vendor

**White Oak Ridge Farm**

# Please 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 VOTE](#)

Thank You:

Jay's Daily Grind  
for donating ice weekly.

W V 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!) to see what dates are available.

[Join Our Mailing  
List!](#)



The Roy's moved to West Virginia and purchased their farm in 2005. We began raising some laying hens and selling them. We also began raising pasture-raised pigs and cattle. Initially, we began farming and raising animals to have food for our family that was not given hormones or antibiotics.

We began raising our chickens on all-natural grains (such as corn, oats, soy, and wheat) mixed together. We do not use any medicated feeds at any point in their lives. Once our chickens are 3 to 4 weeks old (depending on the weather), they are turned out to pasture. Grass is only a supplemental feed for chickens so we continue to feed them the natural feed.

We are a part of the National Poultry Improvement Plan (NPIP). This means a state animal health technician comes to our farm to test our meat chickens. The chickens are tested (blood taken) within 21 days of slaughter to ensure they are healthy. We again test the chickens (through another blood test) at the time of slaughter. We also have our laying hens tested every 3 months through a swab and blood test to ensure they are healthy.

We have our own USDA Poultry Processing Facility located on our farm. All of our birds are processed on our farm in a clean, sanitary environment and checked by a trained USDA inspector. During the processing of our chickens, NO chemicals are used. Our birds are refrigerated for 24 hours, then flash frozen to ensure freshness.

Our pigs and cattle are slaughtered at another USDA facility, then returned to our farm for processing. Again, we use no chemicals in the processing of our animals. We cure and smoke our own bacon and hams. We also package all of our own meat. We have a shop located on our farm in Philippi. Please feel free to come visit us. You can also check us out on the web at [www.whiteoakridgefarm.com](http://www.whiteoakridgefarm.com).

## SHOPPING LIST

**Round Right Farm**

Steve & Sunshine Vortigern  
PLEASE JOIN US THIS SUNDAY, AUG 9TH FOR OUR OPEN  
FARMDAY!!

[www.roundrightfarm.com](http://www.roundrightfarm.com)

Sun gold tomatoes

Spinach

Salad Mix

Head Lettuce

Beets

Carrots

Haricot Verts green beans

Cilantro, Parsley & Basil

Eggplant

Peppers

Summer Squash

Cucumbers

Kale

Swiss Chard

### **FireFly Farms**

Mike Koch/Pablo Solanet

Artisna Goat Cheese - Fresh Chevre and many aged varieties

### **Toboggan Hill Farm**

Will have a new supply of pork chops and baby back ribs. We also have sausage, bacon, roasts, ham, and other pork products, as well as garlic and Green Mountain potatoes.

### **White Buck Fam**

Will have their full line of gourmet jam, jelly, relish and other Pennsylvania Dutch inspired culinary delights to satisfy your taste buds. Try a taste of Black Jack Jam. This is a totally new flavor invention. You'll like it!

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** Tomatoes, eggs, dog treats, zucchini, cucumbers, red potatoes, hot peppers and green peppers

### **Strath an De Fam**

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 and maple syrup  
Microgreens - Sunnies and Sunnie mix  
Swiss Chard  
Beets  
Herbs - parsley, basil, dill, sage, oregano, thyme

### **Moonlight Gardens**

Red raspberries, cukes, zukes, yellow squash, basil, arugula, lima beans, green beans, new potatoes, some tomatoes (green, yellow & red), sweet peppers, eggplant

### **Ann Sandor**

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

### **Rural T Carolyn Atkins**

This week I will be set up to offer the 'first fruits' of my garden. There will be a small variety vegetables for sale, but they will be local, fresh, and delicious. Just "Rural Terrific!"

### **Hawthorne Valley Fam**

Eggplant, summer squash, hot peppers, green beans, fingerling potatoes and sweet corn. We will also have gourd crafts and ramp vinegar; as well as apple cider, mint and violet jellies.

### **Shisler Farms**

Is anticipating on having "ROMNEY PEACHES and NECTARINES and maybe APPLES" along with rhubarb, green beans, a couple varieties of peppers, squash, red potatoes, jams, old fashioned apple butter.

### **D & L Farm**

Cucumbers, squash, yukon gold potatoes, green tomatoes, and a variety of baked good as time allows. Pork, we will offer a "Special" price on something. Come see.

### **Forever Greene House**

This week we will have tomatoes & cherry tomatoes

### **GARDENVILLE**

I Will Have Garlic, Lemon Cucumbers, Beets, Soap for People and Dogs and some "Berry Good Muffins" If time allows.  
See Ya At The Market!

## **DeBerry Fam Fresh Produce**

We'll have Sweet Corn, a few Tomatoes, Raspberries, a few Strawberries, Green Beans, Greens, Lettuce (including Romaine), Broccoli, Cauliflower, a few other veggies, plus our Hot Pepper Jelly and Medium Salsa

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

Garlic, Beets  
Fresh Cut & Dried Herbs  
Caladiums, Elephant Ears, Calla Lilies,  
Tropical Foliage Plants

## **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, Carrots; yaya, purple haze, yellowstone. Green onions, basil, mint, parsley. Maple Syrup, jams and jelly. Goat milk Oat 'n Honey Soap, Handspun Woolies.

## **VENDORS AWAY**

**Hopping Acres/Lady Baa Baa**

**Grazing Herd/Sheepherders Kitchen**

**Mountain Diamond Longhorns**

**Becilla Honey**

## **RECIPE CORNER**

### **Grilled Eggplant and Goat Cheese Salad**

Recipe courtesy Giada De Laurentiis

[www.foodnetw ork.com](http://www.foodnetw ork.com)

Ingredients

3 tablespoons olive oil  
7 Japanese eggplant, ends trimmed, cut into 1-inch wide slices  
1/2 cup toasted pine nuts  
3 ounces goat cheese, crumbled  
1/3 cup basil, thinly sliced  
2 tablespoons chopped mint  
3 tablespoons extra-virgin olive oil  
3 tablespoons balsamic vinegar  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

### Directions

Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Drizzle the olive oil over the slices of eggplant and toss to coat. Grill the eggplants until tender and grill marks appear, about 3 to 4 minutes per side. Place the eggplants side-by-side on a serving platter. Sprinkle with the pine nuts, goat cheese, basil, and mint. Drizzle with extra-virgin olive oil, balsamic vinegar, salt, and pepper.

Cook's note: Plating the eggplant salad this way allowed the cheese to stay bright white. The salt and pepper showed up on it. The herbs remained green and fluffy. The grill marks on the eggplant were distinct.

### Cantaloupe Pie

White Buck Farm

Lew Matt

Cantaloupe is just coming into season, try this old fashioned Pennsylvania Dutch recipe

9 or 10 inch prepared pie crust

Crumb topping:

3/4 cup flour

1/2 cup firmly packed brown sugar

4 Tablespoons cold butter or lard (do not use margarine) cut into very small pieces

4 cups diced cantaloupe

Juice and zest from one lemon

1-1/2 tablespoon flour

1/2 cup sugar

1/4 tsp. cloves

1/2 tsp. cinnamon

1/2 tsp. nutmeg

Preheat oven to 400°F. Put the crumb ingredients in a mixer and allow it to mix slowly. The crumbs should have the texture of rice when properly mixed. Combine and toss all the pie ingredients. Put the fruit mix in the pie shell and cover with the crumbs. Press the crumbs down to compact them. Bake 30 to 45 minutes.

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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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