



Morgantown Farmers' Market

What to Expect this Saturday, July 11, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

First Green Beans



of the Season

ALSO Don't Forget

BERRIES IT IS BERRY TIME: RASPBERRIES, BLUEBERRIES

Farmers' Market Vouchers Are Now Available At Senior Centers

http://www.wvagriculture.org/news_releases/2009/7-6-09.html

Mark Your Calendars July 18 Kids Day

The Morgantown Farmers' Market ,Downtown Morgantown and the Master Gardeners present Kids Day, July 18. Check back for updated information on activities .

TOADALLY AMAZING TOADS

Did you know that an average toad can eat enough insects in one summer to fill your trash can? Come and join us while we explore the world of the toads. We will learn all about these amazing creatures and why they are such helpful neighbors to have around our houses. You will get to see live toads, learn about their habitats and how to create a "Toad House" to try to lure a toad to come to live in your own back yard. Hope, or is it Hop, to see you there. Master Gardeners

Shopping The Market

Morgantown's Farmer's Market is just the greatest place to shop for baked goods, vegetables and flowers. Some of the vendors we visited included Kathy Evans (Evan's Knob) for great fava beans, head lettuces almost too beautiful to eat (but so delicious), and wonderfully tasting eggs; Daybreak Farm had excellent broccoli and early green beans; DeBerry Farms strawberries and early cauliflower are outstanding; as always, the Forever Greene tomatoes make the best of all BLT sandwiches and salads. The Allegheny Chevre goat milk cheese from Firefly Farms is great on salads, too. Baked goods that we have been enjoying this week include berry and cream cheese scones from New Day Bakery; Lady Baa Baa's filled cookies; Red Barn's Norwegian rye; thick slices of Shepherders Kitchen Amish buttertop bread (makes the best French toast in the world!!); and a beautiful apricot tart from Ann Sandor. Until later, remember to support your local farmer, eat local, and live well.

The Market Shopper

AMERICA'S FAVORITE FARMERS MARKET CONTEST

Make sure to vote for the Morgantown Farmers Market

www.farmland.org/vote

AVAILABLE THIS WEEK:

Mikes Berry Patch

FRESH PICKED RASPBERRIES

Jams and Jellies

Blueberry Ridge Farm

Fresh Picked Blueberries

Day Break Farm

Dave and Nancy Eddy

Green beans, cucumbers, cabbage, zucchini, shell peas, broccoli, eggs, dog treats.

Stewart's Farm & Greenhouse

Garlic scapes, fresh garlic, snow peas, swiss chard, green beans, fresh cut chives, mint & dill bunches lavender bunches, yellow yarrow & allium bouquets, Dried herbs: chives, mints, rosemary, tarragon, summer savory, basil, also dried onion flakes & red pepper flakes, potted basil, Oriental Lilies "Stargazer", Daylilies, Hosta & Calla Lilies

The Shepherders Kitchen - Joan Henry

Breads: Amish Butter Top, English Muffin, Old Fashion Salt Risin', Honey Wheat, Multi Grain, Pioneer, Sundried Tomato Basil, Tuscan Peasant, Cinnamon Raisin and Buttermilk Dill Ezekiel Bread - made with all organic grains - one of the most nutritionally complete breads you can eat.

Sweet Treats: Our Famous Cinnamon Rolls, Wilderness Lodge Cookies & Molasses Cookies and time permitting, fruit pies

*****NEW*** Gluten Free Bread** - for those who are gluten sensitive or gluten intolerant. More gluten free products coming soon!

Farm Fresh Eggs

Herb Vinegars - many varieties, made with our own homegrown herbs. Great for making salad dressings or on steamed vegetables.

Hopping Acres /Lady Baa Baa's Kitchen - Kelly Smith-Anderson

There is something from our farm or from our friends farms in what we make, right down to the love of cooking passed down from my Mammaw.

The Original Happy Eggs from Happy Chickens

Farm Fresh Goodies like Grandma used to make:

Breads: Sally Lunn, Molasses Oat, 7 Grain Sourdough, Sourdough, Nutty Shepherd, Potato, Chive & Cheddar, Herb & Cheese Beer.

Chocolate & Peanut Butter Fudge , Old Fashion Potato Candy

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

7 Grain Pepperoni Rolls

Happy Egg Noodles in Buckwheat, Regular, & Herb

Fresh Herbs: Basil, Thyme, Marjoram, Regular Chives, Garlic Chives

Wool products and yarns

FireFly Farms

Artisian Goat Cheese

Fresh chevre and wonderful aged versions

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)

Evans Knob Farm - Reid and Kathy Evans

DeBerry Farm Fresh Produce

We'll have lettuce, kale, Swiss chard, sugar snap peas, broccoli, a few strawberries, new red potatoes, a little red cabbage. Plus our medium salsa and hot pepper jelly!

Farm News: as of the last ultrasound, it's a girl! Everything seems to be going well, and the baby is due November 1.

D&L Farm/Shisler's Farm

We will try to have green beans, a few squash, cucumbers, onions, Yukon gold potatoes, beets, Rhubarb and of course the sweets - jams, old fashioned apple butter, and a variety of baked goods as time allows. We still have the pork and a limited supply of lamb. We are working to get another couple in for processing. Laura and Allison, from D & L Farm sadly will not be at the market this week as we will be at the State FFA Convention (Cedar Lakes) watching my son get his State Farmer Degree. However, my brother (partner in crime) will be bringing our stuff and helping me out tremendously.

Backbone Food Farm

salad mix, spinach, swiss chard, kale, red cipollini Italian heirloom onions, large sweet onions, scallions, peas, maybe summer squash and cucumbers, shiitake mushrooms, basil, cilantro

Save the date of Sunday, August 2nd for Backbone Food Farm's 2nd Annual Open Farm Day!!

Forever Greene House,

We will have beefstake tomatoes, cherry tomatoes, and we should have cucumbers

Round Right Farm - Steve & Sunshine Vortigern

Carrots, Summer Squash, Beets, Snap Peas, Snow Peas, Scallions, Swiss Chard, Kale, Salad Mix, Head Lettuce

Moonlight Gardens

Beets, carrots, green beans, arugula, basil, new red & white potatoes, sunflowers, yellow squash, turnips

Toboggan Hill Farm

Bacon, cottage bacon, and Canadian bacon. We will also have ham steaks, ham roasts, smoked pork chops, and smoked shanks. We still have a good supply of pork chops, sausage, and other pork products.

Red Barn Farm

Goat Meat - Boneless leg of kid, rack of goat, loin and rib chops, ribs, shanks, and ground goat meat from pasture raised goats; Sale on rack of goat - 20% off!! Cinnamon Rolls, Whole Wheat Chai Coffee Cake, Norwegian Rye and Spelt Breads made with organic flours, and Red Barn Farm honey and eggs; Sunnies Microgreens and Buckwheat, Sunflower and Broccoli mixed Microgreens and maybe some pea shoots. Also, a new mix with broccoli, red cabbage, clover and radish. "Touted as one of nature's most powerful foods, microgreens may have antibacterial, anti-cancer and heart-health benefits. Similar to their mature, leafy green cousins, they are low in calories and a good source of potassium, vitamin C and calcium."

<http://www.ediblecommunities.com/wow/pages/articles/spring09/inTheSpotlight.pdf>

Royal Oakleaf Lettuce among others.

Farm News: I will be delivering goats to the butcher on July 7 and if all goes well, picking up on Friday, July 10, in time for the Saturday Market.

Ann Sandor

Pies, muffins, scones, apricot tarts, cow sugar cookies, feta tarts

Coffee from Jay's Daily Grind

Milk and Honey Soap

Provider Gardens

Lettuce, turnips, potatoes, and carrots.

White Buck Farm

We will have our full line of gourmet jam, jelly, relish and other Pennsylvania Dutch inspired culinary delights to satisfy your tastebuds. Try Elderberry jelly, it's delicious on toast and makes a great condiment to serve on the side with roast fowl and other meat, instead of the traditional cranberry jelly. The health benefits of elderberries are legion, Google "elderberry benefits" (Sambucus nigra) for an exciting surprise of information. Best of all, elderberry jelly tastes delicious!

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

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.

White Oak Ridge Farm

We would like to begin by thanking everyone for trying our chicken and pork! We raise our animals on all-natural feed, in a pasture, and free from any antibiotics or hormones. Our chickens are raised on our farm and processed on our farm in a sanitary, USDA inspected facility. Our pigs are raised on our farm, taken to a USDA facility for slaughtering, and then returned to our farm for processing. We hand-cure and use real wood to smoke our own bacon and hams and smoke our own pork chops. We also make our own sausage (which was Louis' grandfather's secret recipe!).

This week, we will have pasture-raised chicken. We will have whole chickens, chicken breasts (boneless/skinless and bone-in), thighs, legs, 8 piece packs (this is 2 thighs, 2 legs, 2 boneless/skinless breasts, and 2 wings), chicken livers, smoked chicken, and half chickens. Last week we sold out of

our chicken jerky, but we will have a fresh batch this weekend! As always, we will have farm fresh eggs.

TURKEY UPDATE! They are growing nicely and our first flock is almost ready to process. We should have turkey products soon. Please let us know if there is something special you would like!

We will also have pasture-raised pork products. We will have bacon, smoked pork chops, ham slices (great for breakfast or for sandwiches), whole hams, and sausage. We also have pigs ready for the spit if you are planning a pig roast. Call ahead to order!

If there is something special you would like, please contact us at (304) 457-1085 or e-mail us at whiteoakridgefarm@yahoo.com and we can bring it to the market. You can also check us out on the web at www.whiteoakridgefarm.com. Remember, we have beef available at our store located on our farm in Philippi!

****NEW THIS WEEK**** Jalapeño/cheese sausage links – You've got to try them!!

Rural T - Carolyn Atkins

Onions and any other fresh and delicious produce that is ready to pick from my garden early that morning..

GARDENVILLE-

Garlic Scapes- probably last scapes of the season for me, receive a free recipe card w/ purchase
Yellow Summer Squash-maybe, it seems to be growing 2" a day
Beet Greens-"just BEET it, just BEET it" - thinning out the beets
Soaps- for people and dogs. Chamomile-Dried Muffin, Muffin, Who's got the Muffin-"Last Picken"
Raspberry Muffins/Strawberry-Basil Muffins, Orange Rhubarb Bread
Eggs-1/2 doz containers Sweet Pea's for your Sweet Pea- Fragrant and Delicate Sweet Pea Bouquets
SEE YA AT THE MARKET !

HawthorneValleyFarms

Zucchini, yellow squash, onions, fresh herbs, and green beans as well as jellies, vinegar and gourd crafts.

Vendors Away This Weekend

Becilla Honey

Recipe Corner

Fava Beans www.fava-bean.com

Fava beans were enjoyed by ancient Egyptians 5,000 years ago and 3,000 years later continued to be a prime source of protein in the Near East. The fava is a large, brown bean, these beans are often considered the tastiest bean around, along with being the meatiest bean. The favas grows in large pods that house approximately five beans each. They are popular in many parts of Europe and are beginning to gain a following in the United States.

Fava beans are sold fresh, dried, and canned. When you are out shopping for these tasty beans choose crisp looking pods and avoid damaged and wilted pods. When choosing to buy the dried fava beans then they should be shiny and smooth.

Fresh broad beans should keep fresh for up to a week if refrigerated, where as dried fava beans will keep for up to a year if stored in an airtight glass or ceramic container. Fava beans are sometimes available seasonally, while dried and canned favas can be found year round.

Fava Bean and Shrimp Salad

1/2 Pound Medium Shrimp, Peeled
And Deveined
1 Pound Fava Beans
1/2 Pound Small Green Beans
2 Heads of Fennel
1/2 Cup White Wine
1/2 Cup Chicken Broth
1/2 Lemon
1 Large Tomato, Finely Diced

Sauce:

1 Tablespoon Of Lemon Juice
2 Tablespoons Of White Wine
Vinegar
1/4 Cup Olive Oil
1/4 Cup Fresh Basil Leaves
1 Tablespoon Capers
Salt & Pepper To Taste

Shell the fava beans, discarding the pods. Cook in boiling water until tender. Drain and place in an ice water bath. Prepare the green beans in the same manner, set aside. Poach the shrimp in boiling water for 2 minutes, remove.

Remove the tops from the fennel, as well as any brown outside pieces. Slice thinly lengthwise. Place in a large pan with the white wine, lemon, chicken broth, and enough water to barely cover. Bring to a boil, then reduce the heat and simmer until tender, about 15 minutes. Set aside. Make the sauce adding all the ingredients into a blender and pulse. On each of four plates, arrange first the fennel slices, then the shrimp, and beans in an attractive manner. Scatter the diced tomato around the plates and then drizzle each plate with some of the dressing. Decorate with some fennel fronds, and serve.

Spicy Barbecued Pork Tenderloin with Green Beans

www.bettycrocker.com

1/3cup stir-fry sauce
1/3cup regular (not spicy) barbecue sauce
1/3cup honey
1/2teaspoon crushed red pepper
2 pork tenderloins (about 3/4 lb each)
5 cups whole green beans
1/3cup sliced almonds

- Heat oven to 450°F. Line shallow roasting pan with foil. In small bowl, mix stir-fry sauce, 1. barbecue sauce, honey and crushed red pepper until well blended. Reserve 1/2 cup sauce for serving.
2. Place pork in pan; tucking small ends under for even cooking. Insert meat thermometer to tip is in thickest part of pork. Brush pork with about 1/4 cup of the remaining sauce. Bake uncovered 15 minutes. Remove from oven. Arrange green beans around pork; drizzle green beans with sauce. Sprinkle beans with almonds. Bake 10 to 15 minutes, brushing pork 3. occasionally with drippings, until thermometer reads 155°F and beans are almost tender. Cover pork with foil and let stand 10 to 15 minutes or until thermometer reads 160°F. (Temperature will continue to rise about 5°F, and pork will be easier to carve.)
Serve pork with green beans and reserved 1/2 cup sauce.

Be A Locavore

Buy Fresh Buy Local

We are scheduling musicians If you would like to be added to our musicians schedule, please contact us at morgantownfarmersmarket@gmail.com
Musician scheduling are on a first-come, first-serve basis.

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.

To contribute information to the newsletter for July 18,
contact Kelly Smith hoppingacres@frontiernet.net
by Wednesday,
July 15, 12 noon.

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