



Welcome to Our New Format!

Greetings!

We're upgrading our format for our email newsletter! We hope you like it! Bear with us as we find a template we like in the next few weeks.

We hope to see you at the Morgantown Farmers' Market this week Saturday, July 18, 2009, 8:30 a.m. - 12 Noon at the Corner of Spruce and Fayette Streets, Downtown Morgantown

What's Available This Week:

Mikes Berry Patch

Fresh Picked Raspberries
Jams and Jellies

Day Break Farm - Dave and Nancy Eddy

fresh eggs, green beans, zucchini, squash, cucumbers, broccoli, cabbage and dog treats.

Stewart's Farm & Greenhouse

Fresh Garlic, Snow Peas, Green Beans, Fresh Chives & Dried Herbs, Caladiums, Stargazer Lilies, Hosta & Basil Plants

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

NEWGluten 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

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What's Happening This Week:

Kids' Day starts at 10am in Downtown Morgantown! We'll have seed planting, a scavenger hunt, and a game at 11am.

TOADALLY AMAZING TOADS

Hey Kids, did you every wonder what in the world TOADS eat? Come by the Monongalia County Master Gardener display at the market to learn about these amazing creatures. You will get to see live toads, learn about their habitat, and make a "TOAD HOUSE". HOP, HOP, our way on Saturday.

Farmers' Market Vouchers

Are Now Available At Senior Centers

America's Favorite Farmers Market Contest

Make sure to vote for the Morgantown Farmers Market

[Click Here to Vote](#)

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, Chocolate & Peanut Butter Fudge, Old Fashion Potato Candy, Cobblers, Crumbles, Cakes, Sheep Sugar Cookies, Filled Cookies, Jumbo Muffins, 7 Grain Pepperoni Rolls, Happy Egg Noodles in Buckwheat, Regular, & Herb

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

Wool products and yarns

FireFly Farms

Artisan 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

Lettuce: More of our beautiful head lettuces, loose leaf bunches and our own mesclun blend salad mix.

Carrots: Yaya, Purple Rain, Purple Haze, Sorry folks, couldn't get the white satin seed this year.

Freshly dug garlic: Wonderful bulbs of garlic freshly dug just for the market.

French fingerling potatoes: Specialty potato, outstanding tossed with herbs olive oil and roasted in the oven.

Fava Beans: these are not dealing well with the hot dry weather, they truly are a cold season crop. We don't expect to have these much longer.

Sugar Snap peas: More of the true sugar snaps that we like the best.

Herbs: dill, basil, chives, thyme and mint.

Tabouleh Bundles: contains green onions, parsley, mint, and a hint of lemon balm. Add your own bulgar wheat, or couscous, Forevegreens' tomatoes and have a wonderful cool salad for these warm summer evenings.

Maple syrup

Elderberry Jelly

Goat Milk Oat 'n Honey Soap

Handspun woolies

DeBerry Farm Fresh Produce

We'll have various greens, new red potatoes, a few strawberries, a few red raspberries, sugar snap peas, cucumbers, and as always, our medium salsa and hot pepper jelly.

D&L Farm/Shisler's Farm

We will have green beans, squash, cucumbers, beets, potatoes, onions, broccoli, jams, old fashioned apple butter, variety of baked goods as time allows. And of course plenty of pork, with a limited supply of lamb.

I missed being there for the market last week. We really appreciate your continued support. Have a good week.

Backbone Food Farm

arugula, rapini(broccoli rabe), carrots, beets, green beans, yellow squash, new red & white potatoes,& a few surprises

Save the date of Sunday, August 2nd for Backbone Food Farm's

Thank You:

Jay's Daily Grind
for donating ice weekly.

WV GIS Tech Center
for making our wonderful market map.

**Be A Locavore
Buy Fresh Buy
Local**

Join Our Mailing List!

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.

2nd Annual Open Farm Day!!

Forever Greene House

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

Walnut Farm

Fresh Cut Flowers including Zinnias, Snap Dragons, and much more.

Round Right Farm - Steve & Sunshine Vortigern

Spinach!!, Beets, Carrots, Snap & Snow Peas, Onions, Scallions, Salad Mix, Chard, Kale, Fennel, Parsley, Basil, Summer Squash, Cabbage

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, 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 mixed Microgreens "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." Royal Oakleaf Lettuce among others.

Farm News: Chicken processing will begin the week of the 20th. I'll email everyone on the "chicken list"!

Ann Sandor

Pies, muffins, scones, cow sugar cookies, feta tarts, blueberry 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.

Please 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.

Mountain Diamond Longhorns

Fresh supply of frozen steaks of all kinds, half and whole frozen large meat chickens for roasting. As usual we will have our wonderful lean ground beef in patties and 1 lb chubs.

Additionally we will have the smoky, spicy, lean gourmet beef sticks and 4 ounce packages of smooth muscle beef jerky. All 100% lean Texas Longhorn.

I will have dozens of white and brown eggs from cage free hens. We will continue to have green topped white and bulbing red onions, bunches of fresh dill heads, mixed lettuce, cucumbers, squash, and maybe some young green beans.

New Day Bakery

featuring handmade brick-oven-baked artisan breads.
Cranberry Walnut * Rustic Italian * Sourdough * Baguettes *
Ciabatta * Sevengrain * Olive Rosemary * WW Wheat
Spinach and Feta or Pepperoni and Mozzarella Stuffed Ciabattas
Plus an assortment of scones, muffins, and big cookies.

Becilla Honey

Fresh Honey

White Oak Ridge Farm

Many people have been asking us how our chickens are raised and what they are fed. Our chickens are raised on all-natural grains (such as corn, oats, soy, and wheat) mixed together. We do not use any medicated feeds at any point in our chickens' 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.

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, chicken jerky, and half chickens. As always, we will have farm fresh eggs. TURKEY products coming soon!

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 !

Mother Earth Farm

We will have our amazing \$5.00 planters. Assorted colors some for sun and some for shade.

Herbs for \$2.00; House plants for \$3.00; Begonias for \$4.00;
Hanging Baskets for \$10.00; Perennials for Sun or Shade \$3.75

Lee Farms - Dave and Nancy Lee

We will have broccoli, red potatoes, cabbage, squash, green beans, few early harvest apples and maybe peaches

Vendors Away This Weekend

Hawthorne Valley Farm
Rural T
Gardenville