



News From The Market July 25, 2009

In This Issue

What's Happening
 Featured Vendor
 Shopping List
 Recipe Corner

What's Happening This Week:

Non Profit

Morgantown Fiber Guild

Entertainment

Belly Dancers

America's Favorite Farmers Market Contest

Make sure to vote for the
 Morgantown Farmers
 Market
[Click Here to Vote](#)



Featured Vendor STEWARTS FARM & GREENHOUSE

Judy & John Stewart have been selling their homegrown vegetables, cut flowers and greenhouse plants for 5 years at local farm markets. Their farm is located on Route 7 in Pentress, WV. It is approximately 40 acres in size with most of the acreage in hay production. Their specialties for market are first and foremost naturally grown garlic. In fact they have harvested more than 20 varieties of hardneck and softneck Garlic this season! Along with the garlic they also raise herbs, salad greens, market vegetables, cut flowers by the stem or bouquets, perennial flowering plants and bulbs. A passive Greenhouse raises their garden veggie and flower transplants plus ornamentals such as Caladiums and many tropical foliage plants. They also have a nice crop of Garden Mums growing for this fall!

Using (non certified) organic methods for all their garden vegetables starting with organic seed, Judy says, "This

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

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!](#)

spring we had great success using the low tunnel growing method for our spring greens. Visit our website www.stewartfarmwv.com to see some photos of the tunnels." In their plans is to transition a large Greenhouse into a high tunnel for season extension this fall.

Judy has been a Board member of the MFMGA for the past 4 years and is also Board Secretary. She says "The Morgantown Farmers' Market is a true treasure in the downtown area. We are working hard to make it even better & truly appreciate all the vendors and customers who are helping us reach that goal!"

Please visit Stewart's Farm & Greenhouse on any Saturday Market Day & stop and smell the GARLIC!

SHOPPING LIST

Stewart's Fam & Greenhouse

French Shallots, Garlic
Green Beans, Yellow Wax beans, Beets
Fresh Cut & Dried Herbs
Caladiums, Elephant Ears, Calla Lilies,
Oriental "Stargazer" Lilies & Hosta
Tropical Foliage Plants

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 our new Pennsylvania Dutch Chow-Chow vegetable relishes. We have two kinds of Blueberry Jams for sale, made with and without white sugar. Get to know what good is!

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

Mother Earth Farm

Herbs in pots for \$2 each:
Cilantro, Basil, Chives, Oregano (greek and golden), Parsley,
Patchouli, Rosemary, Thyme (lemon, & creeping), Sage
(grey, purple, pineapple and mexican), Mint (spearmint,
peppermint, pineapple and chocolate)
Annuals in pots for \$2 each
Amazing Planters for \$5 each
Perennials for sun and shade for \$3.75
Hanging Baskets for \$8.00 each

FireFly Farms

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

Round Right Fam

Steve & Sunshine Vortigern
Spinach
Salad Mix
Snow Peas
Sugar Snap Peas
Beets
Carrots
Kale

Swiss Chard
Potatoes
Fennel
Summer Squash
Basil
Parsley
Cilantro
Maybe a few Sun Gold tomatoes

Forever Greene House

This week we will bring Beefsteak Tomatoes & Cherry Tomatoes to the market.

DeBerry Farm Fresh Produce

Lots of greens, a few strawberries and raspberries, new red potatoes, tiny tender stringless green beans, cucumbers, baby squash, plus our hot pepper jelly and medium salsa.

MOUNTAIN DIAMOND LONGHORNS

Frozen ground beef sale: 1 lb tubes or 4 quarter pounders, \$2.75 per pound.

Also on sale: round roasts, chuck steaks, cubed steaks and hoagie steaks- \$4.00/lb

I will have a selection of steaks, too, and, of course, our smokey gourmet beef snack sticks.

We also have heavy roasting chickens, whole and half, \$1.70 per lb..

Produce included:

cucumbers
Lettuce
spinach
red and white bulbing onions
stringless greenpod green beans
squash

Red Barn Farm

Goat Meat - Boneless leg of kid, loin and rib chops, ground goat and stew meat from pasture raised goats;

Cinnamon Rolls, Whole Wheat Chai Coffee Cake, Norwegian Rye and Spelt Breads made with organic flours, and Red Barn Farm honey and eggs;

Microgreens - I'm not sure what kinds since my seed supplier is unfortunately out of stock on several favorites;

Royal Oakleaf Lettuce among others;

Green Onions

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, 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, Marjoram, Regular Chives, Garlic, Chives

Wool products and yarns

Shisler Farms / D & L Farm

We will be there with Green Beans, cucumbers, onions, squash, beets, yukon gold potatoes, jams, old fashioned applebutter, a variety of baked goods as time allows, variety of pork and a small amount of lamb. We are hoping to get our lambs in on the next processing day of Aug. 3.

Farm news: The kids and I are at the fair this week showing their 4-H/FFA animals it is fun but tiring by the end of the week

New Day Bakery

Featuring handmade brick-oven-baked artisan breads. Cranberry Walnut * Rustic Italian * Sourdough * Baguettes * Ciabatta * Sevensrain * Olive Rosemary * WV Wheat Spinach and Feta or Pepperoni and Mozzarella Stuffed Ciabattas

Plus an assortment of scones, muffins, and big cookies.

Ann Sandor

Pies, muffins, granola bars, scones, cow sugar cookies, blueberry

tarts, feta tarts

Coffee from Jay's Daily Grind

Milk and Honey Soap

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)

Hawthorn Valley

Corn, green beans, a few eggplant, cabbage, new fingerling potatoes, and baby fennel fresh from the garden; as well as vinegars, jellies, and gourd crafts

GARDENVILLE-

Yellow Squash, Lemon Cucumbers, Garlic, Soap, Dried Chamomile, "Berry Good" Muffins, and later around 9:30, Blackberry Jelly and Wild Red Raspberry Jelly, and Eggs 1/2 doz containers.

SEE YA AT THE MARKET !

Daybreak Farm/ Dave & Nancy Eddy

Start of the season tomatoes, and sweet corn, fresh eggs, green beans, cabbage, squash, zucchini, hot peppers and dog treats.

The Shepherders Kitchen:

Breads

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

** Gluten Free Bread**

Sweet Treats:

Cinnamon Rolls, Wilderness Lodge Cookies, Molasse Cookies, Zucchini Bread

Farm Fresh Eggs

Herb & Berry Vinegars

Homemade Jams & Jellies

Evans Knob

Reid and Kathy Evans & Emily too

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

Lee Farms

Nancy and David Lee

Broccoli, califlower, cabbage, green beans, peppers, corn, squash, and apples.

VENDORS AWAY

Becilla Honey

RECIPE CORNER

Sausage and Red Russian Kale Soup with Tomatoes, Chickpeas, and Herbs (Makes about 6 servings)

1 large onion, chopped
2-3 tsp. olive oil (depending on your pan)
2 tsp. finely chopped fresh rosemary (or use 1 tsp. dried rosemary, crushed)
3 tsp. finely chopped fresh sage (or use 1 1/2 tsp. dried rubbed sage)
1 T finely minced garlic
12 oz. ITALIAN Sausage (3 links) or use other sausage type of your choice
10 cups chicken stock (I use homemade chicken stock but you can use canned or bottled chicken broth)
2 cans diced tomatoes with juice (14.5 oz. can)
1/4 cup tomato sauce (freeze the rest if you're opening a can)
1 tsp. Vegeta seasoning (optional, but good in soups like this)
fresh ground black pepper to taste
1 large bunch Red Russian Kale or other type kale, washed well and finely chopped
2 cans chickpeas (garbanzo beans), rinsed well (15 oz. can)
freshly grated parmesan for serving (optional)
Heat 2 tsp. olive oil in heavy frying pan over medium heat, then add chopped onion and saute 3-4 minutes, until onion is soft. Lower heat a little and add garlic, chopped rosemary, and chopped sage, and saute 2-3 minutes more. Put onion-herb mixture into large soup pot with 10 cups chicken stock and start to simmer.

Add 1 more tsp. olive oil to frying pan if needed and turn heat back to medium. Squeeze sausage out of casings and cook, breaking apart with metal turner, until sausage is browned and well broken apart. Add sausage

to pot with simmering chicken stock. Add canned tomatoes and juice, tomato sauce, black pepper, and Vegeta seasoning if using. Simmer about 30 minutes over low heat.

While soup simmers, wash kale, spin or shake dry, and finely chop into ribbons, then turn cutting board and chop again going the opposite way. Drain chickpeas (garbanzos) into metal colander placed in the sink and rinse with cold water until no more foam appears.

After about 30 minutes, add kale and garbanzos to simmering soup mixture. Simmer about 45 minutes more, until kale is completely softened, and all flavors are well blended. Serve hot. This would be great with freshly grated parmesan.

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

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

Forward email

✉ **SafeUnsubscribe®**

This email was sent to deberryfarm@yahoo.com by

hoppingacres@frontiernet.net.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) |

[Privacy Policy](#).

Morgantown Farmers Market | Spruce Street at Fayette Street | Morgantown | WV | 26505

Email Marketing by

