

Morgantown Farmers' Market

What to Expect this Saturday, July 4, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

Happy 4th of July

Visit the market and pick up all your picnic needs!!

**BERRIES IT IS BERRY TIME
RASPBERRIES, BLUEBERRIES**

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

I was ask to do a secret shopper article for the farmers market. What do I do? I shop the market , use the products I purchase, then report on the product. In the restaurant industry they would call me the food critic, in the retail industry I would be called the secret shopper , checking on customer service. This is fun and I look forward to reporting on my purchases from the market. Tomatoes, oh those wonderful Hydroponic Tomatoes. The tomatoes this year from Forever Greene House are better then ever. Then there is lettuce. Deberry Farm Fresh has the best ever Romaine. When it comes to Musculin Mix, I don't know what Evans Knob does, other than the variety and the natural Organic way, but the flavor of the varieties of lettuce is just perfect. Iceberg, yummo for Day Break Farms iceberg. I also understand from another shopper that D & L Farms fresh pork side was some of the best ever tasted. Breads.....wow.....I was so impressed with the baked goods at the

market. You will want to try The Shepherders Kitchen garlic and onion bread sticks. I also used a loaf of Lady Baa Baa's Sourdough, Forever Greene House tomatoes, fresh basil from Lady Baa Baa, the new goat cheese from Fire Fly Farm for some totally amazing crustini. It will be another fun adventure this Saturday picking products and reporting in. 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

Summer Vegetables Coming Soon

AVAILABLE THIS WEEK:

Mikes Berry Patch

FRESH PICKED RASPBERRIES

Jams and Jellies

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, Buttermilk Dill & Ezekiel Bread

Rolls: Hamburger and Hot Dog Buns

Bacon, Cheddar and Chive, Sundried Tomato & Basil, Garlic & Herb, Onion Breadsticks

Sweet Treats: Fruit Pies, Our Famous Cinnamon Rolls, Wilderness Lodge Cookies, Molasses Cookies, Rhubarb Bread, Banana Nut Bread, Pumpkin Seed Bread, Spiced Apple Cake

*****NEW***** Gluten Free Bread, *Gluten Free Pasta

Farm Fresh Eggs

We now are offering "Bread for 1" small loaves of bread for those who only need just a little.

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:

NEW Waffle Bowls for your favorite sundae

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 in regular and turkey pepperoni

Happy Egg Noodles in Buckwheat, Wheat , Regular, Spinach, & Herb
Fresh Herbs: Basil, Thyme, Marjoram, Regular Chives, Garlic Chives
Wool products and yarns

FireFly Farms

Artisan Goat Cheese - Fresh Chevre - and a great selection of aged goat cheeses

Backbone Food Farm

Salad mix, head lettuce of several varieties, kale, swiss chard, fennel, carrots, spinach, snow peas
shiitake mushrooms, cilantro, basil, parsley, cut flowers
Thank you to all our customers, we look forward to seeing you all each week.

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, Nanita and Emily too...

FAVA BEANS; a broad bean used quite a bit in mediterian cooking. Ask us for a couple of recipes!
Lettuces: We will have our mesclun mix and some beautiful loose leaf and other types of head
lettuces.
Cooking Greens: Kale, chard, Bulls Blood Beet Greens and Komatsuna
Garlic Scapes
Herbs: chives, cilantro, dill, basil, thyme, oregano and Mint
Maple Syrup
Goat milk Soap
Handspun Woolies

DeBerry Farm Fresh Produce

We'll have Romaine, loose-head and leaf lettuce, some greens, sugar snap peas, a few strawberries,
new red potatoes, broccoli, and as always, our hot pepper jelly and medium salsa.

D&L Farm/Shisler's Farm

Rhubarb, Onions, Jams, Old Fashion Apple Butter, Variety of Baked Goods - as time allows,
Hopefully some New Potatoes, Pork
Limited amount of Lamb- once this is gone there won't be any more for a while as they aren't quite
big enough to process but growing WELL.

Forever Greene House,

We will have beefstake 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

Broccoli ,Beets, Peas, Basil, Scallions, Swiss Chard, Kale, Salad Mix ,Head Lettuce

Moonlight Gardens

Green beans, yellow squash, blueberries, new potatoes, beets, carrots & a few surprises

Toboggan Hill Farm

Pork chops, tenderloins, and many more pork products (no bacon yet). We'll also have a small quantity of sugar snaps, snow peas, and shell peas.

Ann Sandor

Pies, muffins, scones, cow sugar cookies, granola bars, apricot tarts, summer sausage rolls.
Coffee from Jay's Daily Grind
Milk and Honey Soap

Becilla Honey

I have spring honey available. In creamed honey, comb honey, honey straws, and many sized containers.

White Oak Ridge Farm

Poultry and Pork products

smoked chicken (apple and cherry smoked), chicken breasts, legs, thighs, livers, and whole chickens. We will also have farm fresh eggs and CHICKEN JERKY. *Remember, all our chickens are pastured raised and processed on our own farm in a USDA facility! They are fed only natural grains and we never use hormones or antibiotics.

Our pork products will include: sliced ham (great for breakfast or sandwiches!), our homemade sausage, our own cured and smoked bacon, and smoked pork chops. Our pigs are also pastured raised. They are slaughtered at a USDA facility, then returned to our plant where we process the meat ourselves, make our own sausage, and cure and smoke the bacon and hams, and smoke the pork chops.

We also have fresh grass raised beef available at our shop located at our farm in Philippi.

We hope everyone has a wonderful 4th of July!!

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; SORRY, I'm out of goat stew meat, I would be happy to sell chops at the stew price until I get more goats processed for next week.

Cinnamon Rolls, 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 "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>

Farm News - Thank you to all my chicken customers - all the chickens from the first batch have been sold! Enjoy! The second batch will be ready in about 3 weeks. Watch for pick up time and date on this newsletter or email for more info: jeanleu@windstream.net

New Day Bakery

featuring handmade brick-oven-baked artisan breads.

Cranberry Walnut * Rustic Italian * Sourdough * Baguettes * Ciabatta * Sevengrain * Olive Rosemary * WV Wheat Spinach and Feta or Pepperoni and Mozzarella Stuffed Ciabattas Plus an assortment of scones, muffins, and big cookies.

White Buck Farm

We will have our full line of jams, jellies, butters, pickles and relishes for sale. Just a reminder that White Buck

Farm is very willing to recycle your clean, used brown paper and plastic grocery bags, cardboard and/or foam plastic egg cartons and any clean canning jars (including glass mayonnaise jars) you have. Please put lids on the jars to protect the threads. Just bring your clean surplus items to the market on Saturday and drop them off at the White Buck Farm stand. Thank you for recycling.

Vendors Away This Weekend

Mountain Diamond Longhorns

Mother Earth Farm

Recipe Corner

BERRIES AND GREENS SALAD

www.raspberryblackberry.com

List of Ingredients:

8 cups torn mixed greens

3 cups raspberries, halved strawberries, blueberries, sliced peaches, nectarines and/or plums

2/3 cup raspberries or strawberries

1 Tbsp. honey

1/2 cup plain yogurt

1 Tbsp. white wine vinegar

Toasted sliced almonds, optional

Directions:

Gently toss greens with 3 cups desired berries or fruit in salad bowl. For dressing place the 2/3 cup berries in a blender container or food processor bowl with the honey; blend or process until smooth. Combine blended berries, yogurt, and vinegar. Drizzle over greens and fruit; toss. Sprinkle each serving with nuts, if desired. Serves 6.

Swiss Chard Wraps

www.cooks.com

9-10 Swiss chard leaves, at least 9 inches

1 lg. tomato, sliced and cut in half

1/2 c. Mozzarella cheese, grated

2 tbsp. olive oil

1 tbsp. onion flakes

Salt and pepper

Steam Swiss chard for a few minutes. Do not overcook. Open leaves and brush on olive oil lightly. Put tomato slice in center of leaf - top with pinch onion - salt and pepper and one tablespoon cheese. fold leaf around tomato - this will hold together well.

Put on grill until hot - can turn once. Works best if you use a 2 sided grill that holds food in place. This can also be cooked in oven at 400 degrees for 10 minutes on a cookie sheet.

WE welcome pets at the market and just ask for your pet to be courteous to the vendors and their produce.

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 11, contact Kelly Smith hoppingacres@frontiernet.net by Wednesday, July 8, 12 noon.

To unsubscribe to this newsletter click here Morgantownfarmersmarket@gmail.com type unsubscribe in the subject box.