



News From The Market October 10, 2009

In This Issue

What's Happening
Special Information
Shopping List
Recipe Corner

What's Happening This Week:

Pumpkins
Winter Squash
Peppers
Lettuce



FALL HAS ARRIVED

DID YOU KNOW



Hopping Acres/Lady Baa Baa & Shepherders Kitchen Raise Very Rare Breed of Sheep

Leicester Longwool Sheep are listed critical on the Endangered Breeds List. Kelly of Hopping Acres/Lady Baa Baa's started breeding Leicester Longwool Sheep in 1992 and Joan from Shepherders Kitchen in 1998. Through the Rare Breeds Program at Colonial Williamsburg and donations from private citizens, sheep were imported from Tasmania after they became extinct in the USA.

Kelly has achieved many firsts since breeding, in 2002 the very first Natural Colored Leicester Longwools in the USA were born at Hopping Acres. Hopping Acres is also the birthplace of National Geographic Star Sir Edward.

Kelly and Joan will be participating in the New York Sheep & Wool Festival where the Leicester Longwool Sheep are the featured breed for 2009. Kelly serves as Vice President of the Association and Joan is the Secretary/Treasurer.

For more information on the breed

www.leicesterlongwool.org

www.hoppingacres.com

NON PROFIT
Morgantown Fiber Guild



SPECIAL INFORMATION

Winter Market

After the huge success of the winter market last year at Ramada, and the many request to continue.

Let us introduce the new winter market.

To be held at Marilla Park

Saturdays

November 21st

December 5th

December 19th

January 9th

Feb.6 th

March 6th

Tenative times are 12 to 3

Keep checking the newsletter and website for more information.

SHOPPING LIST

FireFly Farms

Mike Koch & Pablo Solanett
Artisan goat cheese - Fresh Chevre. Beautiful aged selection and BELLA VITA will be available today!!!

Forever Greene House

We will have tomatoes, cherry tomatoes, and seedless cucumbers.

Moonlight Gardens

Beets, carrots, sweet & white potatoes, shiitake mushrooms, sweet & hot peppers, some squash (edible & decorative), rapini, turnips, lima beans

Round Right Farm

We are having a drawing this week; everyone who buys a winter squash or pumpkin will be entered to win our giant pumpkin! Stop by our tent and check out this beauty...

- Salad Mix
- Spinach
- Pac Choi
- Green Peppers
- Collard Greens
- Kale
- Carrots
- Beets
- Broccoli
- Leeks
- Winter Squash
- Pumpkins

White Buck Farm, Lew Matt, Owner

White Buck Farm has a full line of gourmet jam, jelly, relish, honey and other delights, including our famous Black Raspberry Jam, Elderberry Jelly and others. Try some Pumpkin Butter, too. Jelly makes a great gift. Last chance to stock up for the winter or Christmas! Please call ahead to order a large quantity. 724 499-5376 Don't forget to take a 10% discount for case lots, mix and match.

Stewart's Farm & Greenhouse

- GARLIC, Garlic Braids, TOMATILLOS, green onions
- ARUGULA and PRETTY BABIES LETTUCE, radish bunches
- Hot peppers: Anaheim chilies, Infernos, Cayennes, Habanero & Thai Hots
- Fresh Cut Herbs: Sweet Basil, Cinnamon Basil, Parsley,
- Bronze Fennel (great for wrapping fresh fish in to bake!)
- Dried herbs: chives, sage, basil, red pepper flakes
- Mixed Bouquets with Pee Gee Hydrangeas,

Special Thank You

THANK-YOU to all of you that have taken time to complete the on-line survey of the market. We will use your input in our Visioning Plan for the next ten years. Your input is valuable to the Board of Directors in their planning for the coming years.

MFMGA Board of Directors

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!

Zinnias & Dahlias

Fall Chrysanthemums are ready!
Color Varieties of Gingersnap, French Vanilla, Vampire Red, Jezebel, Viking Bronze, Volunteer Red, Jackie Pink and Yellow Valour! Very pretty colors!

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) Come and sample our Barbeque beef made from our fully cooked canned Beef chunks. Delicious!!!!

Ann Sandor

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

Evans Knob Farm

Reid and Kathy Evans, And Emily too.

CERTIFIED ORGANIC

Spinach
Head Lettuces
Lettuce Blends Salad Mix.
Cooking Greens: Kale, Chard, Perpetual Spinach.
Black Beans: shell out bean just like the canned black beans, only fresh
Green Salsa Kits
Beets
Winter Squash: Delicata, spaghetti, pink banana, butternut, butternut
Herbs: basil, parsley, chives,
Goat milk Oat "n Honey Soap
Maple Syrup
Carrots:
Potatoes: Kitchen Sink Medley
Leeks, Green Onions,
Heirloom Tomatoes
Baby Pam Pumpkins
Free Range Eggs
Blueberry & Peach Jams and Elderberry & Grape Jelly
Handspun woolies

Toboggan Hill Farm

Bacon, pork chops, ribs, and many other pork products, including some very nice looking shoulder roasts. We also have garlic and, if weather cooperates, we may have potatoes and beans.

Mountain Diamond Longhorns

Corn stalks, bunches of Indian Corn, popcorn, and the last of my sweet corn if it doesn't frost this week.
Also on hand will be varieties of cuts of prime Texas Longhorn freezer beef, smoky gourmet beef snack sticks, whole muscle jerky and summer sausage.

I may have small quantities of salad greens, peppers, etc.
And I have some larger, eating quality pumpkins.

New Day Bakery

Featuring handmade brick-oven-baked artisan breads.

Cranberry Walnut * Rustic Italian * Sourdough * Baguettes * Ciabatta * Sevensrain * Olive Rosemary * WW Wheat

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

D & L Farm

Pork. This is not cured or smoked. I hope everyone is enjoying their fall. A variety of baked goods as time allows

DeBerry Farm Fresh Produce

After two frosts this week, our tomatoes and green beans are done for the year. We'll still have a variety of peppers, garlic, cabbage, kale, collards, maybe some beets, and a few other items. We're hoping to have a new batch of pepper jelly ready by then - cross your fingers! We'll be leaving the market around 10:00 to attend a wedding, but we'll have "substitutes" there to sell until the market closes. So if you have questions or need information about the farm, please come before 10 or give us a call during the week at 301-533-1026.

Daybreak Farm

Dave and Nancy Eddy

Eggs, dog treats, and maybe green peppers and hot peppers.

White Oak Ridge Farm

We will have all kinds of chicken cut up, smoked and whole.

We will have our West Virginia Hand Cured and real wood smoked pork products.

A couple of new items this week.

Chicken Kabobs

Pork Spare ribs

We are also now taking reservations for Thanksgiving Turkeys and Turduckens



RECIPE CORNER

Fish with Garlic and Fennel

from Stewart's Farm and Greenhouse

3 pounds whole dressed fish
15 garlic doves
salt and pepper
olive oil
fennel branches

Sprinkle the fish with salt and pepper inside and out. Place the UNPEELED doves of garlic inside the fish. In a large baking dish, lay the fennel branches, place the fish on top, and brush with olive oil. Bake for about 45 minutes in a 350 degree oven, brushing often with the olive oil.

Swiss Card with Onions

from Red Barn Farm

Serves 4 or more

3 pound green Swiss chard (about 2 large bunches)
2 tablespoons olive oil
2 tablespoons butter
2 medium onions, halved lengthwise and thinly sliced
2 garlic doves, finely chopped
Salt and pepper

Cut stems and center ribs from chard, discarding any tough portions, then cut stems and ribs crosswise into 2-inch pieces. Stack chard leaves and roll up lengthwise into cylinders. Cut cylinders crosswise to make 1-inch-wide strips. Scissors makes short work of this.

Heat oil and butter in a large heavy pot over medium heat until foam subsides, then cook onions and garlic with 1/2 teaspoon salt and 1/4 teaspoon pepper, covered, stirring occasionally, until onions begin to soften, about 8 minutes. Add chard stems and ribs, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, covered, stirring occasionally, until stems are just tender, about 10 minutes. Add chard leaves in batches, stirring until wilted before adding next batch, and cook, covered, stirring occasionally, until tender, 4 to 6 minutes. Transfer with a slotted spoon to a serving bowl.

Chard can be washed, dried, and cut 2 days ahead and chilled in sealed bags lined with dampened paper towels.


Chard can be cooked 4 hours ahead and reheated over low heat on stove or in a microwave oven.

Be A Locavore

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

