



News From The Market September 26, 2009

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What's Happening

This Week:

Pumpkins
Winter Squash
Peppers
Watermelons
Cantaloupes



FALL HAS ARRIVED

DID YOU KNOW

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

Tentative times are 12 to 3

Keep checking the newsletter and website for more information.

SHOPPING LIST

Owl Creek Farm

Will have pumpkins on Saturday from very small ones up to 20 pounds. Some of these pumpkins have already been embellished by our wildlife, so you might want to examine these special ones to see how you might incorporate these wildlife designs into your own Halloween decorations.

FireFly Farms

Artisan Goat Cheeses

Fresh Chevre and a wonderful aged selection

Forever Greene House

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

NON PROFIT



SPECIAL INFORMATION

WE NEED YOUR HELP Please take a moment to complete our survey MARKET SURVEY

We invite you to give us your feedback on the Morgantown Farmers Market by taking time to go the morgantownfarmers.org and fill out the Market Survey. This will help the Board of Directors in their planning for the future of the market this fall. Thanks in advance for your help.

Thank You:

Jay's Daily Grind
for donating ice weekly.

WV GIS Tech Center
for making our wonderful market map.

Moonlight Gardens

Red raspberries, beets, lima beans, many types of squash, sweet & Irish potatoes, the last of the arugula, some rapini, radishes, turnips & maybe some shiitake mushrooms

Round Right Farm

Salad Mix
Spinach
Radishes
Beets
Carrots
Potatoes
Broccoli
Peppers
Kale
Collard Greens
Pac Choi
Winter Squash
Pumpkins
Parsley

White Buck Farm, Lew Matt, Owner

White Buck Farm has a full line of gourmet jam, jelly, relish and other culinary delights. For your next Fall party, serve some Pumpkin Butter as a party dip with pretzels. Serve apple cider on the side. What a great seasonal taste combination! Try some Strawberry Rum Whiskey Jam this week.

Please bring in your surplus canning jars, egg crates and plastic shopping bags for us to recycle.

Stewart's Farm & Greenhouse

Garlic, Garlic Braids,
Green Onions, Radish Bunches
Fresh cut herbs, Cinnamon and Sweet Basil, Bronze Fennel, Parsley
Dried Herbs.
Lettuce, Arugula & Mizuna
Possibly, depending on the cold nite:
tomatillos, okra,
Hot Peppers, habaneros, infernos, thai hots, cayennes, anaheim chilies
Dahlia & Zinnia Bouquets
Hardy Chrysanthemums! 5 pretty colors available!

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)

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
Sorry about last week. There was an unexpected cow problem and I didn't get to bake.

Evans Knob Farm

Reid and Kathy Evans, And Emily too.

CERTIFIED ORGANIC

Spinach
Lettuce Blends Salad Mix.
Beans: Italian Flat Pods, Haricot Verts
Cooking Greens: Kale, Chard, Perpetual Spinach.
Potatoes: Kitchen Sink Medley, All Blue, Rose Gold,

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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!

Leeks, Green Onions,
Beets
Winter Squash: Delicata, spaghetti, pink banana, butternut, buttercup
Free Range Eggs
Blueberry & Peach Jams and Elderberry & Grape Jelly
Handspun woolies
Cabbage, Carrots:
Green Salsa Kits
Summer Squash: Green and yellow Zucchini,
Heirloom Tomatoes
Herbs: basil, parsley, chives,
Goat milk Oat "n Honey Soap
Maple Syrup

Shepherds Kitchen

Breads:

Amish Butter Top * English Muffin * Shepherders * Multi Grain *
Pioneer * Sundried Tomato & Basil * Ezekiel * Tuscan Peasant *
Cinnamon Raisin *
Salt Risin * Gluten Free Bread*

Sweet Treats:

Cinnamon Rolls, Wilderness Lodge Cookies, Molasses Cookies,
Zucchini Bread, Pumpkin Seed Bread, Fresh Fruit Desserts
Fresh, homegrown herbs
Farm Fresh Eggs

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.

Red Barn Farm

Goat Meat - Boneless leg of kid, loin and rib chops, ground and stew meat from pasture raised goats
SALE! 15% off loin chops! I need to make room for the next batch of goat meat
Cinnamon Rolls, Whole Wheat Chai Coffee Cake, Norwegian Rye and Spelt Breads made with organic flours, honey and RBF eggs
Honey Walnut and 3 Grain Maple Nut Granolas and maybe a new flavor!
-made with organic rolled grains, raisins, and honey or RBF maple syrup
Liver Pet Treats
Microgreens - Sunnies and the Mix
Swiss Chard
Celery
Beets
Lettuce Mix
Spinach
Fresh herbs - oregano, parsley, sage, dillantro

Mountain Diamond Longhorns

Freezer beef, gourmet beef sticks, jerky and summersausage.
Also I will have eggs,
salad greens
sweet banana peppers
red cayenne, mole', and jalepeno peppers
pumpkins
Indian corn
Indian corn stalk bunches
and sweet corn, if there is no frost

D & L Farm

Pork and a variety of baked goods as time allows

DeBerry Farm Fresh Produce

We'll have a variety of PEPPERS, various types of TOMATOES, BROCCOLI, and CAULIFLOWER, plus some greens such as kale, collards, etc.

Daybreak Farm

Dave and Nancy Eddy

Watermelons, Cantaloupes, Green Peppers, Hot Peppers, Green Beans, Eggs, Dog Biscuits.

GARDEVILLE-

GARLIC-Did you know that 6 mummified doves were found in KingTut's tomb?

KENTUCKY WONDER BEANS-Still wonderful and tender.

FLOWER SEEDS-Poppy,Larkspur,Cinnamon Vine-Plant now for next years beauty.

DRIED CHAMOMILE-Brew for a fragrant and flavorful tea.

SOAP-Made with natural herbs.No parabens or titanium dioxide,poloxymethylene urea,isopentylcydohexanone, you know those other ingredients found in some store soaps.

HERB and SPICE RUBS- Spice up your life!,and the grill.

DRIED GOURDS- Imagine the possibilities.

Shisler Farms

Will have sweet and hot peppers by the bushel. Potatoes, onions, cabbage and indian corn for your decorating needs.



RECIPE CORNER

Apple Butter

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2 quarts fresh apple cider

Ground cinnamon, nutmeg, all spice, cloves and ginger

40 apples of several different species, peeled and cored

Press two quarts of cider from as many specie of apples as you have. Boil the cider in a large non-reactive pot to reduce by half. Skim the foam and discard.

Peel and core 40 apples and boil in the cider until they soften and dissolve. Stir constantly or the butter will stick. Cook over medium heat until the butter can be cut with a knife and will not flow together. Add spices to taste. Bottle and seal in sterilized jars and subject to a BWB for 15 minutes for pints or smaller and 25 minutes for quarts. Cool jars, check for proper seals, and store in a cool, dark place.

Delicata Squash Salad with Kale and Cranberry Beans

(serves 4)

from Kathy Evans

2 medium delicata squashes (about 2 pounds), halved lengthwise and seeded
1 tablespoon plus 1 teaspoon extra-virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons honey
1/2 bunch kale (5 oz) large stems removed, cut into 1-inch pieces
1 large shallot finely chopped
1 garlic clove, minced
1 tablespoon red-wine vinegar
1 teaspoon coarse salt
Freshly ground pepper
1 can (15 ounces) cranberry or cannellini beans, drained and rinsed

1. Preheat oven to 400 degrees. Cut squashes into 1/2-inch-thick semicircles. Toss with 1 teaspoon oil, and spread onto a parchment-lined baking sheet. Bake until just tender, 15 to 18 minutes. Mix together balsamic vinegar and honey. Brush some of the mixture onto squash slices; reserve remaining mixture. Bake for 5 minutes more.

2. Meanwhile, place kale in a large bowl. Heat remaining tablespoon oil in a small saucepan over medium heat. Add shallot and garlic, and cook until slightly softened, about 4 minutes. Add red-wine vinegar and remaining vinegar-honey mixture to saucepan, and bring to a boil. Immediately pour hot dressing over kale, and sprinkle with salt. Season with pepper. Add squash and beans. Cover with plastic, and let stand for 5 minutes. Toss until kale wilts slightly. Serve warm or at room temperature.

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

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