



News From The Market September 12, 2009

## Go Mountaineers

# Buy Fresh Buy Local For Your Tailgating Needs

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## What's Happening This Week:

FRESH  
TROUT  
CORN  
TOMATOES  
PEPPERS

**NON PROFIT**  
Boy Scouts will  
be selling boxed  
popcorn

## SHOPPING LIST

### WVU EXTENSION TROUT PROJECT

WVU will have FRESH DRESSED RAINBOW TROUT

#### White Oak Ridge Farm

##### Chicken

Whole chicken  
Cut-up chicken  
Chicken livers  
Smoked chicken  
Chicken jerky  
Boneless/skinless breasts  
Smoked whole chicken legs

##### Turkey

Breasts  
Smoked breasts  
Smoked turkey necks  
Smoked turkey wings  
Ground turkey

##### Pork

Bacon  
Sausage  
Jalapeno Cheddar Dogs  
Ham slices  
Ham hocks  
Smoked chops

# Morgantown Pedestrian Board/WVU Transportation and Parking

BUY FRESH  
BUY LOCAL

Nancy Eddy of Day Break Farm

## **SPECIAL INFORMATION**

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

### **FireFly Farms**

#### **Mike Koch and Pablo Solanet**

Artisan Goat Cheese - Fresh Chevre, Aged versions and our Meadow Chevre is back! We will have our savory version - Sun Dried Tomato with Roasted Garlic and Herbs and Sweet Version: Ginger, Almond and Honey

### **Mountain Diamond Longhorns, LLC**

We are taking orders for whole, half or quarter beef to be ready by mid-November.

I will have:

a variety of freezer beef cuts on hand (ground beef sale is still going on)

all muscle, smokey, gourmet beefs sticks

tangy summer sausage

sweet and spicy beef jerky

whole and half roasting chickens

various salad greens, parsley, and chard

tomatoes (some heirloom)

a variety of squash including spaghetti and butternut eggs

### **Deberry Farm Fresh Produce**

TOMATOES: Hybrid (red round), Roma (paste), Heirloom (pink), Yellow, Cherry, and Grape varieties. Plus we'll have PEPPERS (red, purple and green bells, hot bananas, sweet bananas, Italian bull horn sweet peppers, jalapenos, cayennes, and hot red cherry peppers), garlic, BEETS, baby zucchini & yellow squash, BROCCOLI, kale, collards, Shell Out Beans, RADISHES, and a few surprises. Plus come get a jar of our hot pepper jelly and medium salsa.

### **Red Barn Farm**

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

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 - they're back - Sunnies and the Mix

Swiss Chard

Celery

Beets

Cabbage

Lettuce Mix

Spinach

Potatoes - Fingerlings, round white, red, russet

Beans - Blue Lake, Masai French Fillet

Fresh herbs - basil, parsley, sage, cilantro

## MARKET SURVEY

We invite you to give us your feedback on the Morgantown Farmers Market by taking time to go the [morgantownfarmers.org](http://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.

**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!**

### Forever Greene House

This week we will our red beefsteak tomatoes, cherry tomatoes, and seedless cucumbers, also we will have our famous HOT SAUCE

### New Day Bakery

Featuring handmade brick-oven-baked artisan breads. Cranberry Walnut \* Rustic Italian \* Sourdough \* Baguettes \* Ciabatta \* Sevensgrain \* Olive Rosemary \* WV Wheat Plus stuffed ciabattas and an assortment of scones, muffins, and big cookies.

### Moonlight Gardens

Arugula basil, beets, several varieties of squash, tomatoes, beans, sweet potatoes, red raspberries, hot & sweet peppers

### Daybreak Farm/Dave and Nancy Eddy

Eggs, Dog Treats, Green Beans, Green Peppers, Hot Peppers, and Sweet Corn.

### Hopping Acres/ Lady Baa Baa

The Original Happy Eggs from Happy Chickens Farm Fresh Goodies like Grandma used to make:

Breads: A variety of Sourdoughs,

Nutty Shepherd,

Chocolate & Peanut Butter Fudge, Potato Candy

WV Peach and Wild Blackberries in:

Cobblers, Crumbles, Cakes, Filled Cookies, Jumbo Muffins, Sheep Sugar Cookies

\*NEW\* 7 Grain Crust & Whole Wheat Pizza Crust  
Pizza Crust and Sauce Kits

Wool products and yarns

### Round Right Farm

Stone Ground Whole Wheat Pre-sifted Flour

Watermelons

Honeydew

Edamame

Sweet Corn

Basil

Summer Squash

Salad Mix

Spinach

Radishes

Head Lettuce

Fennel

Carrots

Potatoes

Onions

Eggplants

Peppers

### **Stewart's Farm & Greenhouse**

GARLIC, Garlic Braids, TOMATILLOS, green onions  
Heirloom Red Velvet Okra, yellow wax beans, Purple Cabbage  
Hot peppers: Anaheim chilies, Infernos, Cayennes, Habanero  
& Thai Hots  
Fresh Cut Herbs: Sweet Basil, Cinnamon Basil, Parsley, Sage,  
mint, French Sorrel  
Dried herbs: chives, Summer savory, mint  
Mixed Bouquets with Pee Gee Hydrangeas, Zinnias & Dahlias  
Tropical Foliage: Caladiums & asst. foliage in 4" pots  
Fall Chrysanthemums!

### **Backbone Food Farm**

We are entering into the fall season, and still have lots of wonderful veggies to offer you! We hope you continue to come out to the market and eat great food!

Salad mix  
Head lettuce  
Kale  
Swiss chard  
Scallions  
Onions- red and white  
Shallots  
Carrots  
Beets  
Broccoli  
Squash  
Potatoes  
Basil  
Cilantro  
More!  
Thanks for your support!

### **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, cow sugar cookies, granola bars, feta  
tarts,  
Coffee from Jay's Daily Grind  
Milk and Honey Soap

### **Evans Knob Farm**

Reid and Kathy Evans, And Emily too.  
CERTIFIED ORGANIC  
Lettuce Blends Salad Mix.  
Royal Burgundy Beans, Haricot Verts  
Cooking Greens: Kale, Chard, Bulls Blood Beet, Perpetual  
Spinach.  
Potatoes: Kitchen Sink Medley, All Blue, Rose Gold, Potato

Crunchers Kits  
Leeks, Green Onions,  
Beets  
Heirloom Tomatoes  
Herbs: basil, parsley, summer savory, thyme, chervil  
Goat milk Oat "n Honey Soap  
Maple Syrup  
Cabbage, Carrots:  
Green Salsa Kits  
Summer Squash: Green and yellow Zucchini, Patty Pans,  
Magda, Rhon De Nice'  
Tabouleh Bundles:  
Winter Squash: Delicata, spaghetti, pink banana, butternut  
Free Range Eggs  
Blueberry & Peach Jams and Elderberry & Graoe Jelly  
Handspun woolies

### **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, Fresh Peach and Apple Pies and  
Desserts

Fresh, homegrown herbs

Farm Fresh Eggs

Herb Vinegars

Homemade Jams & Jellies

### **Toboggan Hill Farm**

Pork chops, bacon, sausage, roasts, ham, and other pork  
products. We also have eggs, garlic, potatoes, and onions.

### **Mike's Berry Patch**

Fresh Picked Raspberries

### **Cortney Lawler**

Courtney will have mostly strawberries this week. She will  
have a small amount of potatoes swiss chard, beans and  
tomatoes

### **VENDORS AWAY**

Rural T

Becilla Honey

D & L Farm

Shisler Fam

Gardenville

Mother Earth Farm

## RECIPE CORNER

### Fresh Trout in Foil

"Trout wrapped in foil and baked with jalapenos, garlic salt, and lemon juice."

Ingredients:

- 2 rainbow trout fillets
- 1 tablespoon olive oil
- 2 teaspoons garlic salt
- 1 teaspoon ground black pepper
- 1 fresh jalapeno pepper, sliced
- 1 lemon, sliced

Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Rinse fish, and pat dry.
2. Rub fillets with olive oil, and season with garlic salt and black pepper. Place each fillet on a large sheet of aluminum foil. Top with jalapeno slices, and squeeze the juice from the ends of the lemons over the fish. Arrange lemon slices on top of fillets. Carefully seal all edges of the foil to form enclosed packets. Place packets on baking sheet.
3. Bake in preheated oven for 15 to 20 minutes, depending on the size of fish. Fish is done when it flakes easily with a fork.

Printed from Allrecipes.com

### Roasted Red Pepper and Potato Soup

"Roasted red peppers and potatoes combine with a creamy broth for a hearty and satisfying soup. Serve hot with warm crusty bread for dipping."

Ingredients:

- 3 tablespoons butter
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 large carrot, diced
- 1 celery stalk, diced
- 2 cloves garlic, pressed
- 2 tablespoons all-purpose flour
- 1 (48 fluid ounce) can chicken broth
- 3 medium red potatoes, diced
- 1 cup half-and-half cream
- 1 (6 ounce) jar roasted red peppers, drained and chopped
- 2 teaspoons fresh thyme
- salt and pepper to taste

Directions:

1. Melt the butter in a large pot over medium heat, and mix in the olive oil. Sauté the onion, carrot, and celery for about 5 minutes, until onion is lightly browned. Stir in the garlic, and continue to cook 1 minute. Mix in the flour. Whisk in the chicken broth, and bring to a boil. Place the potatoes in the pot, reduce heat to low, and cook 15 minutes, until potatoes are tender.
2. Mix the half-and-half into the pot. Stir in the roasted red peppers. Season with thyme, salt, and pepper. Continue cooking until heated through.

Printed from Allrecipes.com

### Be A Locavore

To contribute information to the newsletter,  
contact Kelly Smith [hoppingacres@frontiernet.net](mailto:hoppingacres@frontiernet.net)  
Thank You for your continued support of our market!  
~Morgantown Farmers Market

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