



News From The Market September 19, 2009

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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.

Did You Know



Midnight Maple Syrup: a division of Evans Knob Farm

Reid, along with AJ Sheets have formed the Midnight Maple Syrup Company. They are tapping trees on both Evans Knob Farm and AJ's two farms here in Preston County. AJ purchased a used evaporator from a maple syrup dealer in Springs PA. It looked like an erector set. Some pieces were even missing. Together, Reid and AJ brought this sleeping giant to life, building and fabricating along the way. By February of 2008 they had something they thought would work. So the tree tapping began. Tapping is done by drilling a 3/8" hole into a sugar maple tree. Then a spout or spile is gently tapped into the tree. Next a bucket is hung from the spout and covered with a lid. The lid keeps snow and rain out of the bucket. In late winter or early spring the sap will begin to flow when the nights are below freezing and the days are mild. The sap is collected each day from the buckets hanging on the trees and poured into a storage tank. When Reid and AJ have collected several gallons of sap they will begin boiling the sap down. Since they both have off the farm jobs, many times this process begins after work on Fridays and will continue around the dock until they have emptied their storage tanks. Thus the name, "Midnight Maple Syrup". This is their second season making syrup and they have modified their original set up and are very pleased with the changes they have made.. We think we will have a wonderful season with lots of yummy maple syrup.

SHOPPING LIST

Evans Knob Farm

Reid and Kathy Evans, And Emily too.

CERTIFIED ORGANIC

- Lettuce Blends Salad Mix.
- Beans: Royal Burgundy, Haricot Verts
- Cooking Greens: Kale, Chard, Perpetual Spinach.
- Potatoes: Kitchen Sink Medley, All Blue, Rose Gold,
- Leeks, Green Onions,
- Beets

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

Musician s:

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!

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,

Tabouleh Bundles:

Winter Squash: Delicata, spaghetti, pink banana, butternut, butternut

Free Range Eggs

Blueberry & Peach Jams and Elderberry & Grape Jelly

Handspun woolies

Firefly Farms

Artisan Goat cheese - Fresh Chevre and a wonderful aged selection!

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 - Sunnies and the Mix

Swiss Chard

Celery

Beets

Cabbage

Lettuce Mix

Spinach

Potatoes - Fingerlings, round white, blue, russet

Fresh herbs - basil, parsley, sage, cilantro

GARDENVILLE-

Garlic, Eggplant, Kentucky Wonder Beans, Dragon Tongue Beans, Flower Seed-Poppy, Larkspur, Cinnamon Vine, Dried Chamomile,

T-Mater Cups, Soap, Herb Salt and Spice Rubs, Dried Gourds

Moonlight gardens

Red raspberries, sweet potatoes, white & red potatoes, beets, arugula, sweet & hot peppers, several varieties of summer squash, some tomatoes, lima beans, green beans

White Buck Farm

Full line of gourmet jam, jelly, relish, honey and

other culinary delights. We have a new BBQ sauce for you to taste: Hot

Johnny Reb, a very tasty, lip smackin' good, blue ribbon winner at the

County Fair. Try some Pumpkin Butter, too. Don't forget to contact me by

e-mail if you have canning or jelly/jam making questions.

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

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, baby zucchini & yellow squash, BROCCOLI, kale, collards, RADISHES, and a few surprises. Plus come get a jar of our hot pepper jelly and medium salsa.

Forever Greene House

Will have tomatoes, cherry tomatoes, seedless cucumbers, and our hot sauce.

D & L Farm

We will be back this week, I have missed being there with you all. We will have Butternut squash, onions, squash, Pork, a variety of baked goods as time allows, and if the girls are cooperative maybe a few eggs.

Daybreak Farm/Dave and Nancy Eddy

Eggs, Dog Treats, Green Peppers, Hot Peppers

Hopping Acres/ Lady Baa Baa

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

This weeks wheat flour is from Round Right Farms.

Breads: A variety of Sourdoughs, Nutty Shepherd, Sally Lunn, Molasse Oat and more.

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 & Whole Wheat Pizza Crust

Pizza Crust and Sauce Kits

Wool products and yarns

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.

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

Shepherds Kitchen

Breads:

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

** Gluten Free Bread**

Sweet Treats:

Cinnamon Rolls * Wilderness Lodge Cookies * Molasses Cookies * Zucchini Bread

* Pumpkin Seed Bread * Fruit Desserts

Farm Fresh Eggs

Herb & Berry Vinegars

Homemade Jams & Jellies

Toboggan Hill Farm

Bacon, pork chops, ribs, and many other pork products, including some very nice looking shoulder steaks. We also have garlic, potatoes, and beans.

Mike's Berry Patch

Fresh Picked Raspberries

Rural T

I will be there with a few tasty surprises from my garden. Sugar Baby pumpkins (the best tasting pie makers!) will be at my space, with a recipe so you can try this year to make your very own "HOMEMADE" pie!!!!!!

Shisler Farms

Will have a new batch of sweet corn, potatoes, and maybe some peppers along with jams and old fashioned apple butter.

Mother Earth Farm

Dawn Phillips

I have fabulous WVU MUMS!

They are a beautiful Yellow/Gold. 8" pot \$4.00 each.

Limited Herbs in pots for \$2 each: Including, Lemon Thyme, Woolly Thyme, Chives, Parsley and Pineapple Mint. Chives are a great over winter herb. Put them in a pot so they don't become wild onions. You will be delighted to see them bloom early next spring.

Amazing Planters for \$5 for small \$15 for large.

Spruce up your fall decorations with an amazing planter for an amazing price!

Hanging Baskets for \$8.00 each

I will have more Escargot Begonia Baskets this week.

New This week! Burrows Tail Basket.

House Plants \$3.00

Rex Begonias \$4.00

VENDORS AWAY

Becilla Honey

Stewarts Farm & Greenhouse

RECIPE CORNER

Stuffed Bell Pepper Soup

from DeBerry Farm Fresh Produce

The great taste of stuffed peppers without the work!

2 lbs lean ground beef or turkey

1 medium onion, diced

3-5 cloves garlic, minced

2 tsp olive oil

1 quart water (or less, if you want it thicker)

2 large tomatoes, cored, peeled and chopped

1 (29 ounce) can tomato sauce (or reduce amount of water and add more chopped tomatoes)

2 cups cooked long-grain rice (1/2 cup uncooked)

2 cups chopped bell peppers (about 2 large peppers)

1/2 to 1 hot banana pepper, chopped (optional)

2 beef bouillon cubes

1 Tbs packed brown sugar, optional

Salt, to taste

Pepper, to taste

In 6-quart saucepan or Dutch oven, brown beef with onion and garlic in oil; drain. Add remaining ingredients; bring to boil.

Reduce heat; cover and simmer for 30 to 40 minutes or until peppers are tender.

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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