



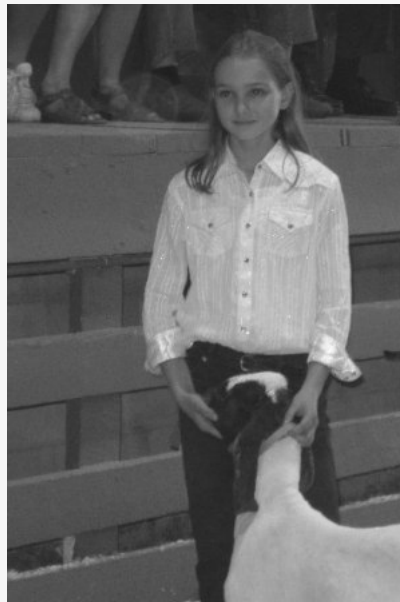
News From The Market September 26, 2009

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What's Happening This Week:

- Pumpkins
- Winter Squash
- Peppers
- Mushrooms



DID YOU KNOW

Market Vendor Courtney Lawler is participating in the Preston County Buckwheat Festival this week .

Courtney was awarded Champion Advanced Goat Showman on Wednesday. Courtney will be back next Saturday with strawberries.

SHOPPING LIST

Owl Creek Farm

Plans to be there this week with our first pumpkins. We will also have a few straw bales for sale.

FireFly Farms

Artisan Goat Cheeses
Fresh Chevre and a wonderful aged selection

Backbone Food Farm

- salad mix
- shiitake mushrooms
- potatoes
- carrots
- rainbow carrots
- onions
- scallions
- squash
- beets
- greens
- Celery

Forever Greene House

FALL HAS ARRIVED

NON PROFIT

Music

Carrie Eikler

Church of the Brethren

Belly Dancers

Stop by and they will be
teaching for free



SPECIAL INFORMATION

Red Beefstake Tomatoes, Sweet Cherry Tomatoes, and our Seedless Cucumbers. All of our produce is pesticide free and fresh picked. We will also bring along our Hot sauce and Ketchup.

Moonlight Gardens

Red raspberries, bosc pears, sweet & irish potatoes, beets, summer squash, sunflowers, lima & half runner beans, sweet & hot peppers, arugula & rapini, all grown organically. We'll also have the "local food tastes better" T-shirts (100% cotton) in new colors, sizes, M, L, & XL

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, Sally Lunn, Potato, Herb Beer,

WHEAT FLOUR FROM PRESTON COUNTY USED.

Chocolate & Peanut Butter Fudge,

WV Peach and Wild Blackberries in:

Maybe Cobblers, Crumbles, Cakes,

Filled Cookies, Pumpkin Squares, Jumbo Muffins,

Sheep Sugar Cookies

NEW 7 Grain Crust & Whole Wheat Pizza Crust

Wool products and yarns

White Oak Ridge Farm

Whole and cut up chicken

Smoked Chicken

Wings for the ball game watcher

Boneless skinless chicken breasts

Ground Turkey

Smoked Pork Chops

Our out of the world hand cured and smoked bacon

Sausage

Chicken livers

Taking orders for Thanksgiving turkeys and TURDUCKENS

Round Right Farm

Salad Mix

Spinach

Storage potatoes

Stone ground whole wheat flour

Onions

Leeks

Pumpkins: Pie & Carving

Winter Squash: Spaghetti, Butternut, Delicata, Sweet Dumpling

Carrots

Beets?

Radishes

Broccoli

Collard Greens?

Kale?

Peppers

Eggplant

Parsley

White Buck Farm, Lew Matt, Owner

White Buck Farm has a full line of gourmet jam, jelly, relish and

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.

W V 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!

other culinary delights. Buy any two products and take \$1.00 off a jar of Damson Plum Jam. 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.

Stewart's Farm & Greenhouse

GARLIC, Garlic Braids, TOMATILLOS, green onions
ARUGULA and PRETTY BABIES LETTUCE, radish bunches
Heirloom Red Velvet Okra, yellow wax beans
Hot peppers: Anaheim chilies, Infernos, Cayennes, Habanero & Thai Hots
Fresh Cut Herbs: Sweet Basil, Cinnamon Basil, summer savory, Parsley, Sage, mint
Dried herbs: chives, sage, mint, BASIL
Mixed Bouquets with Pee Gee Hydrangeas, Zinnias & Dahlias
Tropical Foliage: Caladiums & asst. foliage in 4" pots
Also Fall Chrysanthemums are ready!

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, 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

Salad : lettuce blends, spinach

Beans: Italian Flat Pod, Haricot Verts

Cooking Greens: Kale, Chard, Perpetual Spinach.

Potatoes: Kitchen Sink Medley, All Blue, Rose Gold, Leeks, Green Onions,

Beets

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

Goat milk Oat "n Honey Soap

Maple Syrup

Cabbage, Carrots:

Green Salsa Kits

Summer Squash: Green and yellow Zucchini, Patty Pans, Heirloom Tomatoes

Herbs: basil, parsley, summer savory

Blueberry & Peach Jams and Elderberry & Grape 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, Pumpkin Seed Bread, Fresh Fruit Desserts
Fresh, homegrown herbs
Farm Fresh Eggs
Herb Vinegars
Homemade Jams & Jellies

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.

Mike's Berry Patch

Fresh Picked Raspberries

New Day Bakery

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

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 - the Mix

Swiss Chard

Celery

Beets

Lettuce Mix

Spinach

Potatoes - round white, blue, russet

Fresh herbs - oregano, parsley, sage, cilantro

Mother Earth Farm

Dawn Phillips

WVU Gold/Yellow Mums \$4.00 each.

Fall Planters:

Small / \$5.00

X-tra Large / \$10.00 (they go quick, they're on clearance!>)

House Plants

4 1/2" pot \$3.00

Large pots \$4.00

Baskets \$ 8.00

Begonias: Rex and Angel Wing \$4.00

Herbs \$2.00 I will have:

Lemon thyme

Whooly Thyme
Golden Oregano
Patchouli
Chives

D & L Farm

We will have limited amount of squash and onions. The garden is winding down very quickly. I will have pork and as time allows a variety of baked goods.

DeBerry Farm Fresh Produce

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

Stock up for winter: We have freezing broccoli for sale!

Also bulk canning tomatoes and hot banana peppers.

Daybreak Farm

Dave and Nancy Eddy
Eggs, Dog Treats, Green Peppers and Hot Peppers, Broccoli and Green Onions

VENDORS AWAY

Rural T
Hawthorne Valley
Shisler Farm
Gardenville
Mountain Diamond Longhorns

Becilla Honey is done for the year. They have fed the hives and hoping for a great year next year.

Shisler Farms would like to thank you for your loyal support for the season. Unfortunately our garden has come to an end. Have a great fall and winter.
Jackie and Eric Shisler and kids

Walnut Farm is also done with flowers for the season.



RECIPE CORNER

Grandma Ople's Apple Pie

Ingredients:

1 recipe pastry for a 9 inch double crust pie
1/2 cup unsalted butter
3 tablespoons all-purpose flour
1/2 cup white sugar
1/2 cup packed brown sugar
1/4 cup water
8 Granny Smith apples - peeled, cored and sliced

Directions:

1. Melt butter in a sauce pan. Stir in flour to form a paste. Add white sugar, brown sugar and water; bring to a boil. Reduce temperature, and simmer 5 minutes.
2. Meanwhile, place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work of crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.
3. Bake 15 minutes at 425 degrees F (220 degrees C). Reduce the temperature to 350 degrees F (175 degrees C), and continue baking for 35 to 45 minutes.

www.allrecipes.com

No Fail Pie Crust III

Ingredients:

4 cups all-purpose flour
1/2 teaspoon salt
2 cups butter
1 egg, lightly beaten
1 teaspoon vinegar
3 fluid ounces cold water

Directions:

1. In a large bowl, stir together the flour and salt. Cut in the butter to pea sized chunks.
2. Place the egg and vinegar in a measuring cup and add cold water to measure 1/2 cup of total liquid. Pour this into the flour mixture and mix just until the dough can be made into a large ball.
3. Divide dough into four equal portions. Wrap in plastic and store in the refrigerator. Dough may be refrigerated for up to three days or frozen for up to three months

www.allrecipes.com

Broccoli Chicken Stir Fry

submitted by market vendor Laura Himes
3 T. vegetable oil, divided

1 lb. skinless, boneless chicken breasts, cut into thin strips
1 1/2 c. broccoli florets
1 c. thinly sliced carrots
1/2 c. green and red pepper strips
10 3/4 oz. can cream of mushroom soup
1/4 c. water
1 T. soy sauce
4 c. cooked rice, hot

Heat 1 T. oil in large skillet. Stir fry chicken in two batches until browned, adding another T. of oil for 2nd batch. Remove chicken. Add remaining oil and vegetables. Stir fry until tender crisp. Stir in soup, water, and soy sauce. Heat to a boil. Return chicken to pan; heat through. Serve over hot rice.

Recipe from The Practical Produce Cookbook

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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