

News From The Market      September 5, 2009

## Go Mountaineers

Buy Fresh Buy Local For Your Tailgating Needs

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## Happy Labor Day Weekend

## What's Happening This Week:

FRESH CORN  
TOMATOES  
PEPPERS

## NON PROFIT

BUY FRESH  
BUY LOCAL

## SHOPPING LIST

### Stewart's Farm & Greenhouse

#### EDAMAME

Cured Garlic, Garlic Braids, TOMATILLOS

Heirloom Red Velvet Okra, Green Onion Bunches

Hot Peppers: Anaheim Chilies, Infemos, Cayennes, Thai Hot, Habaneros

Fresh Cut Herb Bunches & Dried Herbs

LISIANTHUS cut flowers, Dahlia & Hydrangea Bouquets

Assorted Tropical plants including Caladiums & Ornamental Ginger!

Fall Chrysanthemums

### White Oak Ridge Farm

#### TURKEY

Smoked turkey breast

Ground turkey

Smoked turkey wings

#### CHICKEN

Whole chicken

Cut-up chicken

Smoked chicken (apple and cherry)

Chicken livers

Smoked whole chicken legs

\*We have chicken carcasses available. They make GREAT soup!!

#### PORK

Bacon

Sausage

Ham slices



Nancy Eddy of Day Break Farm

## SPECIAL INFORMATION

### MARKET SURVEY

We invite you to give us your feedback on the Morgantown Farmers Market by taking time to go to 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.

#### White Buck Farm

Lew Matt entered his jams, etc., in the Jacktown Fair, the oldest fair in the US, and the Greene County Fair. Lew won over 100 ribbons this year. Every product he makes has won at least one blue ribbon!

#### White Oak Farm

We are beginning to take orders on our Thanksgiving Turkeys. Place your order now ....FREE RANGE TURKEYS go quickly!!!

We are also beginning to take orders on our TURDUCKENS. They range from about 12 to 20 pounds.

#### Thank You:

Jay's Daily Grind  
for donating ice weekly.

WV GIS Tech Center  
for making our wonderful market map.

Jalapeno Cheddar Cheese Sausage  
Smoked pork chops  
Ham hocks

#### Round Right Farm

Spinach  
Edamame  
Head Lettuce  
Salad Mix  
Summer Squash  
Peppers  
Eggplants  
Leeks  
Onions  
Beets  
Carrots  
Swiss Chard  
Potatoes  
Sweet Corn?

#### White Buck Farm, Lew Matt, Owner

Full line of gourmet jam, jelly, relish and other culinary delights. We have a new BBQ sauce to offer you: Hot Johnny Reb, a very tasty, blue ribbon winner at the County Fair.

#### DeBerry Farm Fresh Produce

We'll have lots of 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, green beans, kale, collards, 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, RBF honey and eggs;  
Honey Walnut and 3 Grain Maple Nut Granolas and maybe a new flavor! -made with organic rolled grains, raisins and RBF honey  
Liver Pet Treats  
Microgreens - more this week than last, still working out the kinks :)  
Swiss Chard  
Celery  
Lettuce Mix  
Spinach  
Beans - Blue Lake, Masai French Fillet, Indy Gold Wax, Romano  
Fresh herbs - basil, oregano, parsley, sage, dill, thyme, cilantro

#### Moonlight Gardens

We will have, new, baby arugula, half runner, tenderette, & hopefully some lima beans, white & red new potatoes, sweet potatoes, red raspberries, bartlett pears, sweet & hot

# 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.

peppers, basil, tomatoes (some heirloom paste tomatoes), sweet corn & several varieties of summer squash, all crops being grown organically

## MOUNTAIN DIAMOND LONGHORNS

Smokey, spicy, gourmet beef sticks  
Tangy summer sausage  
sweet and spicy jerky  
frozen beef cuts, including good steaks and roasts  
as well as the lean ground beef  
fresh brown and white eggs  
Fresh produce including:  
Serendipity sweet corn (the best!)  
beefsteak tomatoes  
sweet peppers  
spicy jalapenos, mole' and red cayenne peppers  
a variety of squashes  
sunflowers  
and some fresh salad greens  
If the weather holds out we may have popcorn the end of September.

## Join Our Mailing List!

### FireFly Farms

Artisan Goat Cheese - Fresh Chevre and a beautiful selection of aged cheeses!

### Mother Earth Farm, Dawn Phillips

My apologies for not being there last week. I will be here this weekend but not next.

Herbs in pots for \$2 each:

Annuals in pots for \$2 each

Amazing Planters for \$5 for small \$20 for large

Hanging Baskets for \$8.00 each

House Plants \$3.00

Rex Begonias \$4.00

### Daybreak Farm/Dave and Nancy Eddy

Fresh Eggs, Dog Treats, Roma Italian Green Beans, Green Peppers, Hot Peppers and Tomatoes

### Hopping Acres/ Lady Baa Baa

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

Breads: Sally Lunn, Molasses Oat, A variety of Sourdoughs,  
Nutty Shepherd, Potato, Chive & Cheddar,

Chocolate & Peanut Butter Fudge, Potato Candy

WV Peach and Wild Blackberries in:

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

7 Grain Pepperoni Rolls,

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

Wool products and yarns

**Strath an De Fam**

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

**Shisler Fams**

A few peaches, green and yellow beans, variety of peppers, cabbage, jams, old fashioned apple butter, squash, onions.

**Forever Greene House**

We will be bringing tomatoes, cherry tomatoes and our own Hot!!! Sauce .

**Evans Knob Farm****Reid and Kathy Evans, And Emily too.**

Lettuce Blends Salad Mix.

Royal Burgundy Beans:

Cooking Greens: Kale, Chard, Bulls Blood Beet, Perpetual Spinach.

Carrots:

Green Salsa Kits

Summer Squash: Green and yellow Zucchini, Patty Pans, Magda, Rhon De Nice'

Tabouleh Bundles:

Winter Squash: Delicata, spaghetti, pink banana.

Free Range Eggs

Blueberry & Peach Jams and Elderberry Jelly

Cauliflower, Cabbage

Potatoes: Kitchen Sink Medley, All Blue, Russian Banana, Rose Gold, Potato Crunchers Kits

Leeks, Green Onions, Garlic

Beets

Heirloom Tomatoes

Herbs: basil, parsley, summer savory, thyme, chervil

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, Fresh Peach and Apple Pies and Desserts

Fresh, homegrown herbs

Farm Fresh Eggs

Herb Vinegars

Homemade Jams & Jellies

### **GARDENVILLE**

Garlic, Eggplant, Beets, Dried Chamomile, Soap for People and Dogs, Flower Seed-Poppy, Larkspur, Cinnamon Vine, and Some "Berry Good" Muffins. See ya at the Market!

### **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

### **VENDORS AWAY**

Rural T

Becilla Honey

D & L Fam

## **RECIPE CORNER**

### **Harvest Roast Veggies**

Dawn Phillips, Mother Earth Farm

Choose an assortment of veggies you have on hand, chop into bite size pieces. Season with salt and pepper. Drizzle with olive oil. Place in a shallow baking dish and cook in the oven at 350 for 1 hour. Stir every 15 min. You can also do this on your grill. Just turn off the heat on half and place your pan on the cool side.

Veggies I like to use include: Potatoes, Onions, Peppers, Peeled Garlic, Carrots, Broccoli, Eggplant.

You can also season with fresh herbs, good ones to try include: Rosemary, Thyme, Sage, Parsley, Basil, (add the parsley or basil in last 15 min. Rosemary, Thyme and Sage can be added at the beginning)

### **Basil and Garlic-Slathered Chicken Breasts**

CDKitchen <http://www.cd-kitchen.com>

Serves/Makes: 4 | Difficulty Level: 3 | Ready In: < 30 minutes

3 cloves garlic -- finely chopped

1 teaspoon salt

1/2 cup chopped fresh basil

1/2 teaspoon black pepper

olive oil -- to taste (+ additional for grill)

few drops lemon juice -- optional

4 boneless skinless chicken breast halves

In a food processor or a mortar, process or mash the garlic together with the salt. Add the basil and pepper and continue to mix until well combined. Add just enough oil to make a paste. If desired, add a few drops of lemon juice. Set aside.

Pat the chicken dry. Place the chicken between 2 sheets of wax

paper or plastic wrap and, using your hand, a skillet or a rolling pin, gently flatten it to an even thickness of about 1/2". Transfer to a resealable plastic bag or a plate, add the basil paste and shake or smear to coat the chicken evenly.


Preheat the grill or place a grill pan over medium-high heat. Lightly oil the rack or pan.

## 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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