

# Morgantown Farmers' Market

What to Expect this Saturday, June 13, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

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## Note from the editor

**Please accept my apologies for the newsletter not getting posted last Saturday. I tried to do it from Florida while at my stepson's graduation and the hotel server would not let me send mail.**

**Hope to see all our customers this Saturday. We miss you when we don't see you every week.  
Kelly**

## AMERICA'S FAVORITE FARMERS MARKET CONTEST

[www.farmland.org/vote](http://www.farmland.org/vote)

This summer American Farmland Trust is supporting farmers markets across the nation with a national farmers market contest to promote farmers markets in your community and beyond. This is part of our national campaign to help spread the No Farms No Food message and promote sustainable local farms and food across the country.

We want to send a message to food shoppers everywhere that food decisions are important, and as consumers we can support healthy food, healthy farms and healthy communities just by buying some of our food from the farmers market.

That is why we are launching a three-month campaign to ask Americans across the country to show support for their farmers market by voting in our America's Favorite Farmers Markets contest! The three top markets: one small, one medium, and one large, will win a free No Farms No Food tote bag giveaway for their market customers. **Customers will be able to vote starting June 1st.**

Farmers markets across the country have had the opportunity to opt-in to the contest. Customers will enter their zip code, which will pull up the farmers markets in their area. American Farmland Trust will be helping to promote the contest in your area and will be conducting outreach nationally.

## VISITING OCALA, FLORIDA FARMERS MARKET

submitted by Kelly Smith-Anderson Hopping Acres/Lady Baa Baa's Kitchen

While visiting Ocala, Florida for my stepson's graduation, I visited the Ocala Farmers Market. This made me realize how important advertising is for local farmers markets. I searched high and low to find farmers markets in the central Florida area. There was nothing listed at any of the local tourist info places, no ads in the newspaper, and next to impossible to Google and find the right site. It took me about 2 hours of searching the internet to find the listing of markets. Their main markets are in the winter months for Open Air Markets. They do have enclosed markets at different places but to me those were more like wholesale.. You don't get to meet the local farmers.

I have enclosed a few pictures to show you. Also, it made me realize what a wonderful farmers market we have here in Morgantown. To you, our customers, please feel very privileged to have such a great market. There was only 1 certified organic farm, 1 beef producer, 1 seafood and 4 vegetable producers. They had 5 different bakers. Which, to me, was way too many for the size of their market. One soap and soy candle maker. I did, however, purchase my gifts from the local producers.

## AVAILABLE THIS WEEK

### Round Right Farm

#### Steve & Sunshine Vortigern

Spinach

Head Lettuce

Kale

Salad Mix

Swiss Chard

Beet Greens

### Daybreak Farm

Nancy and David Eddy

Fresh eggs, doggie treats, lettuce, and possibly peas.

News on our farm--Our son Sam (who worked the market for us in the past) got married last weekend. It was a beautiful wedding. He's setting up his home in Little Rock, Arkansas with his new bride, Jenny Anne.

### Mon Valley Beef

Owned and operated by 7 local farmers

What's for sale, Beef, Beef, and more Beef. Hope to see you there on Saturday! We will have our ground beef at buy 10 and get one free.

### Stewart's Farm & Greenhouse

Greens: Arugula, Mizuna, baby lettuce, Mesclun & beautiful Swiss Chard

Green onions, Mammoth melting sugar peas & those wonderful Garlic Scapes are in season!

Fresh Cut herbs: Chives, Mint

Dried herbs: parsley, red pepper flakes, chives, tarragon, basil

Dried Cayenne Ristras, dried coarse ground garlic powder

Cut Peony flowers and a few bouquets if the rain hasn't done them in!

Perennial Plants: Hosta, Penstemon "Husker Red", Garden Peonies, Jerusalem artichokes (sunchokes)

Shrubs: Rhododendron with white flowers

### The Shepherders Kitchen Joan Henry

#### Breads:

Amish Butter Top, English Muffin, Old Fashion Salt Risin', Honey Wheat, Multi Grain, Pioneer, Sundried Tomato Basil, Tuscan Peasant, German Rye, Greek Olive, and Cinnamon Raisin

#### Sweet Treats:

Our Famous Cinnamon Rolls, Pumpkin Seed Bread, Banana Nut Bread, Spiced Apple Cake, Wilderness Lodge Cookies

#### Farm Fresh Eggs

#### Homemade Apple Butter

## **Hopping Acres/ Lady Baa Baa's Kitchen**

### **Kelly Smith-Anderson**

Farm Fresh Homemade egg noodles in wheat, buckwheat and spinach ( from Deberry farm).

The Original Happy Eggs from Happy Chickens

**Homemade goodies like Grandma made.**

**Breads:** Sally Lunn, Potato cheddar and chive, 7 grain sourdough, sourdough, herb and cheese beer bread, molasses oat, nutty shepherd

7 grain pepperoni rolls in regular and turkey pepperoni

assorted muffins

pumpkin squares

cookies (our sheepee sugar cookies and fruit filled )

fudge

cobblers

woolens and yarns

## **FireFly Farms**

Artisan Goat Cheeses

## **Backbone Food Farm**

Salad mix, radishes, heads of romaine. batavian and buttercrunch lettuces and a few other goodies.

## **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**

## **DeBerry Farm Fresh Produce**

Variety of lettuces, kale, Swiss chard, spinach, a few strawberries, and our hot pepper jelly and medium salsa.

## **Moonlight Gardens**

White radishes,lettuce, baby beets/beet greens,turnips,bamboo poles

## **New Day Bakery**

Featuring handmade brick-oven-baked artisan breads.

Cranberry Walnut \* Rustic Italian \* Sourdough \* Baguettes \* Ciabatta \* Sevensrain \* Olive Rosemary \* WV Wheat

Spinach and Feta or Pepperoni and Mozzarella Stuffed Ciabattas

Plus an assortment of scones, muffins, and big cookies.

## **D&L Farm/Shisler's Farm**

## **White Buck Farm**

We will have our full line of jam, jelly, butters and relishes, just like your grandmother used to make, for you this Saturday.

You deserve it to yourself to taste our Whiskey Jam. We will have a jar of Black Jack jam - seedless blackberries and Gentleman Jack Daniels - open for your tasting pleasure. There is no alcohol in this product, just an unexpected and delicious flavor that is neither whiskey nor blackberry. This is a unique flavor that is not available anywhere else. Remember, Whiskey Jam was invented by Lew Matt at White Buck Farm, and you will not find it on store shelves or on the web. It took four years of extensive experimentation and testing to perfect this delightful taste treat.

Whiskey Jam makes a great wedding present, or give for Christmas or Hanuka; we can ship our products just about anywhere in the world. I will be glad to discuss Corporate gift giving with you, too.

White Buck Farm's foods are based on the Pennsylvania Dutch culinary heritage, renowned the world over. Many of the recipes are traditional to this genre, and are over 350 years old. Try some of our traditional Pennsylvania Dutch recipes using White Buck Farm jams and jellies as an ingredient

## **Forever Greene House**

This week we will have ripe red tomatoes, I hope to have some cherry tomatoes.

## **Mike's Berry Patch**

Jams and Jellies

## **GARDENVILLE**

Garlic Scapes -Recipe card for Garlic Scape Pesto with purchase....., Bunches of lettuce-Romaine,Salad Bowl,Verte Mar. Other Greens-Mazuna,Arugula..... Chamomile-dried,best around..... Soap-Herbal infused soaps-for people and dogs ..... Eggs- 1/2 doz.containers" Owens happy chickens" SEE YA AT THE MARKET

## **Vendors Away This Weekend**

**Mark Becilla Honey**

**White Oak Ridge Farm**

**Mountain Diamond Longhorns**

**Red Barn Farm**

**Rural T**

**University Trout Program will not be there again until the fish have time to grow.**

# RECIPE CORNER

## Spinach Strawberry Salad

### Ingredients

- 1 lb spinach (I pinch off the larger stems)
- 1 pint strawberries, sliced set a few aside (egg slicer works wonders)
- 1/2 cup pecans, toasted

### DRESSING

- 1/3 cup raspberry vinegar
- 1/2 cup sugar or sugar substitute
- 1 teaspoon dry mustard
- 3/4 cup vegetable oil
- 2 teaspoons poppy seeds

### Directions

1. Toast pecans over low heat, set aside to cool.
2. Combine dressing ingredients and shake well.
3. Toss and garnish with a few sliced strawberries.
4. Serve immediately.

<http://www.recipezaar.com/Spinach-Strawberry-Salad-14409>

## Rhubarb Slush

### Ingredients:

- **3 cups chopped fresh or frozen rhubarb**
- **1 cup water**
- **1/3 cup sugar**
- **1 cup apple juice**
- **1 can (6 ounces) frozen pink lemonade concentrate, thawed**
- **1 bottle (2 liters) lemon-lime soda**

### Directions:

In a saucepan, combine rhubarb, water and sugar; bring to a boil. Reduce heat; cover and simmer for 5 minutes or until rhubarb is tender. Cool for about 30 minutes.

In a food processor or blender, puree mixture, half at a time. Stir in apple juice and lemonade. Pour into a freezer container; cover and freeze until firm. Let stand at room temperature for 45 minutes before serving.

For individual servings, scoop 1/3 cup into a glass and fill with soda. To serve a group, place all of mixture in a large pitcher or punch bowl; add soda and stir. Serve immediately. Yield: about 10 servings.

<http://www.tasteofhome.com/recipes/Rhubarb-Slush>

## Be A Locavore

## Buy Fresh Buy Local

We are scheduling musicians. If you would like to be added to our musicians schedule, please contact us at [morgantownfarmersmarket@gmail.com](mailto:morgantownfarmersmarket@gmail.com). Musician scheduling is on a first-come, first-serve basis.

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.

To contribute information to the newsletter for June 20, contact Kelly Smith [hoppingacres@frontiernet.net](mailto:hoppingacres@frontiernet.net) by Wednesday, June 17, 12 noon.

To unsubscribe to this newsletter click here [Morgantownfarmersmarket@gmail.com](mailto:Morgantownfarmersmarket@gmail.com) type unsubscribe in the subject box.

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