

Morgantown Farmers' Market

What to Expect this Saturday, June 20, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

Happy Birthday WV

West Virginia was proclaimed a state in 1863. "West Virginia Day", June 20, became a legal WV holiday by Chapter 59, Acts of the Legislature, Regular Session, 1927.

State Nickname: The Mountain State

State Capital: Charleston

State Governor: Joe Manchin III

State Abbreviation: W.Va.

2 letter Postal Code: WV

Area: 24,181 square miles

Date Entered the Union: June 20, 1863

State #: 35

Borders: Pennsylvania, Maryland, Virginia, Kentucky, Ohio

Flag Meaning: The inner part of the state seal is centered in a gilded frame and wreath of rhododendrons (the state flower) on a white rectangle. The white rectangle. An outer blue rectangle has gold trim on three sides. A red ribbon that reads "*State of West Virginia*," is placed above the coat of arms. Pictured inside the seal are a farmer and a miner. They represent the leading industries of the state. The rock between the men shows the date that West Virginia became a state (June 20, 1863). Two rifles lie crossed in front of the rock, with a Liberty Cap on top. The flag was adopted in 1929.

Number of U.S. Representatives: 3

State Motto: *Montani semper liberi* (Mountaineers are always free)

State Flower: rhododendron

State Bird: cardinal

State Song: "West Virginia, My Home Sweet Home" and "The West Virginia Hills" and "This Is My West Virginia"

State Tree: sugar maple

State Mammal: black bear

State Fish: Brook Trout

State Butterfly: Monarch

10 Largest Cities (in order of size): Charleston, Huntington, Parkersburg, Wheeling, Morgantown, Weirton, Fairmont, Beckley, Clarksburg, Martinsburg

Famous Residents:

- Pearl S. Buck, author
- Thomas "Stonewall" Jackson, Confederate general
- Don Knotts, actor
- Mary Lou Retton, gymnast

Attractions: Fort Henry, Berkeley Springs, Harper's Ferry National Monument, White Sulphur Springs, First Bituminous Coal Mine, Blennerhassett Island, Charles Town, Ice Mountain, Jackson's Mill, Seneca Rock

Agriculture: corn, dairy products, fruits, hay, tobacco, vegetables

Industries: farming, mining

Natural Resources: coal, limestone, natural gas, petroleum, salt, sand, gravel, stone, lumber

Monongalia County WIC Farmers' Market Nutrition Program

Beginning Saturday, July 4th, the WIC Program will be distributing Farmers' Market vouchers from 9:00 a.m. to noon. Current Monongalia County WIC participants are eligible to participate in the WIC Farmers' Market Nutrition Program. The WIC staff will be distributing vouchers each Saturday until all vouchers have been issued. Distribution of vouchers will be on a first come, first served basis. The vouchers are in \$5 increments. Each eligible WIC Farmers' Market participant may receive up to a total of \$20 worth of vouchers for the entire season. The vouchers can be used to purchase fresh fruits, fresh vegetables and fresh herbs at the market. For additional information regarding distribution of WIC Farmers' Market Nutrition Program vouchers, please contact the Monongalia County Health Department WIC Program at 598-5181.

AMERICA'S FAVORITE FARMERS MARKET CONTEST

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 county 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.

AVAILABLE THIS WEEK:

Becilla Honey

I will have light spring honey, locust honey, honey straws and creamed honey. For those who have been asking about comb honey, it will be coming soon. I will also be selling beeswax candles I get asked about Beekeeping so often, people find it quite fascinating. If anyone is interested in Beekeeping, feel free to stop by my table and talk to me. See you Saturday.

Daybreak Farm:

We will have fresh eggs, peas, lettuce, dog treats and broccoli.

Stewart's Farm & Greenhouse:

Greens: Lettuce, Swiss Chard

Mammoth Melting Sugar Peas, Snow Peas, Green Onions, Chive Bunches & Lavender Bundles

Dried Herbs: Red Pepper Flakes, Whole Cayenne Peppers, Basil, Sage, Chives & Garlic Powder

Perennials: Cranesbill, Garden Peonies, Penstemon "Husker Red", Hosta

Shrubs: Lavender flowering Rhododendron

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

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 sheepie sugar cookies and fruit filled)fudge,cobblers, woolens and yarns

FireFly Farms

Artisan Goat Cheese - Fresh Chevre - and a great selection of aged goat cheeses

Backbone Food Farm

SHIITAKE MUSHROOMS!

swiss chard

kale

salad mix

carrots!

romaine and various other

lettuces

scallions

pearl onions
nasturtiums

basil
cilantro

Strath an De Farm

Scottish Highland Beef –, FROZEN CUTS, summer sausage, snackers, JERKY, cutting boards
CANNED BEEF and syrup

Evans Knob Farm

Reid and Kathy Evans

Lettuce, lettuce and more lettuce. Beautiful heads, and our own special mesclun mix, sure to please the taste buds.

Greens: Bulls Blood, Kale, Swiss Chard, Red Giant Mustard, Arugula, and Komatsuna. The perpetual and spring spinach are going to be in short demand this week. The spring spinach is at it's end, and the perpetual spinach in the tunnel is nearly over too, but the field perpetual will soon be coming in.

Herbs: dill, cilantro, chives, mint, thyme small amounts of basil, and oregano.

Goat milk soap

Maple Syrup

Handspun Woolies

News from the farm: We are going to be Grandparents for the second time. Daughter Kristi and son-in-law Ethan will be adding a baby brother for Chase in early October!

DeBerry Farm Fresh Produce

Swiss chard, kale, spinach, Romaine lettuce, leaf lettuce, sugar snap peas, and just a few strawberries (sorry, they are not growing very quickly right now. We'll have more later in the season!) Plus our Hot Pepper Jelly and Medium salsa.

D&L Farm/Shisler's Farm

We'll continue to have Rhubarb, onions, jams, old fashion apple butter, pork, limited supply of lamb, maybe eggs and baked goods. Allison is at 4-H camp all week and I have to pick her up Fri. so I'm not sure what I will have time to bake. Check to see.

Bad News for the garden- first the goats got into it. We got rid of them. Then Chad's pigs go into it. They did more damage... there were 26 of them. They really enjoyed the cabbage and broccoli. I do have time to start over but it will be late. Bare with us.

Birth Announcement:

Madison weighing in 7 1/2 lb and 21" long arrived June 16. She is the Great Granddaughter of Jackie Shisler of Shisler Farms

This outweighs the bad luck with the animals.

White Buck Farm

We will have our full line of jam, jelly, fruit butters and relishes for you this Saturday. Our products are the same fine quality as your grandmother used to make.

Please taste our Whiskey Jam. There is no alcohol in this product, just an unexpected and delicious flavor that is neither whiskey nor blackberry. This is a unique taste that is not available anywhere else. We will have a jar of Black Jack jam - seedless blackberries flavored with Gentleman Jack Daniels - open for your sampling pleasure.

We can ship our products to 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, just like my ancestor's used to make. Try some of our traditional Pennsylvania Dutch cooking recipes using White Buck Farm jams and jellies as an ingredient

Forever Greene House,

Tomatoes, tomatoes, tomatoes

Mike's Berry Patch

Jams and Jellies

White Oak Ridge Farms

We will have sliced hand cured and hickory Smoked hams and Bacon. We will have plenty of pasture raised natural chicken, whole, cut up and smoked. All chicken and pork are raised on our farm in WV and Processed on our farm under USDA Inspected. We have the only small USDA inspected plant in the state of WV. We use the old time hand cured method of curing. We use real wood smoking not saw dust or a liquid smoke.

Mountain Diamond Longhorns

Dave and Barb Miller

I will have some (few) eggs, leaf lettuce, spinach, parsley, green onions and green topped garlic, some potted herbs and of course the smoky, gourmet beef sticks, tangy summer sausage, and sweet smooth muscle jerky and various cuts of freezer beef.

Red Barn Farm

Goat Meat - Boneless leg of kid, rack of goat, loin and rib chops, ribs, shanks, and ground goat meat from pasture raised goats; SORRY, I'm out of goat stew meat, I would be happy to sell chops at the stew price until I get more goats processed.

Cinnamon Rolls, Norwegian Rye and Spelt Breads made with organic flours, and Red Barn Farm honey and eggs;

Buckies and Sunnies Microgreens (Buckwheat and Sunflowers) "Touted as one of nature's most powerful foods, microgreens may have antibacterial, anti-cancer and heart-health benefits. Similar to their mature, leafy green cousins, they are low in calories and a good source of potassium, vitamin C and calcium."

<http://www.ediblecommunities.com/wow/pages/articles/spring09/inTheSpotlight.pdf>

NEW! Spring Lettuce Mix with Microgreens

Farm News: Chicken processing will begin next week - email me if you are interested in pastured chickens.

They are 2.75/lb and average 5-6 lb. each. jeanllew@windstream.net

Walnut Farm

We will be at the market with fresh cut flowers. We will also have some Canaan Valley red spruce trees available. These were grown as part of the High Elevation Red Spruce ecosystem restoration effort in Canaan Valley, WV.

Round Right Farm

Steve & Sunshine Vortigern

Salad Mix

Head Lettuce

Swiss Chard

Kale

Spinach

Broccoli

Mother Earth Farm

Herbs: Camomile, Catnip, Patchouli, English Lavender, Woolly Thyme, Basil in Packs, Cilantro.

Perennials: Coral Bells, Vinca & Ivy (ground covers) and Sedums

Bedding Plants: Sun Coleus, Dusty Miller, Marigolds.

Potted Annuals and House Plants

Hanging Baskets

Farm news: The sales are in full swing. Right now Annuals, Veggies and herbs are up to 50% off and

Perennials are 25% off! www.motherearthfarm.com

Moonlight Gardens

Will have beets, turnips, bamboo poles & maybe some red & black raspberries, some new potatoes too.

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.

Vendors Away This Weekend

Toboggan Hill Farm -- We are on vacation this week, but we'll be back next week with pork chops, tenderloins, and probably bacon.

GARDENVILLE Dolores Harrison

Rural T

RECIPE CORNER

SWISS CHARD OR SPINACH PIE

Printed from COOKS.COM

2 1/4 lbs. Swiss chard or 2 1/2 lbs. spinach

6 eggs

2 1/2 or 3 dry onions, sliced, sauteed in 1/4 c. olive oil until soft

2 bunches green onions, chopped

1 1/2 lb. feta cheese, crumbled

1/4 c. Parmesan cheese

1 tsp. white pepper

1/2 tsp. dill (optional)

1 lb. filo

3 squares butter, melted

1/4 c. olive oil

Mix oil and melted butter together after butter has cooled.

Clean and wash Swiss chard or spinach, drain, dry completely. Chop Swiss chard or spinach, green onions, put in large mixing bowl with the sauteed onions. Add crumbled cheese, Parmesan, add slightly beaten eggs to mixture, white pepper and dill. Mix well.

Grease an 11 1/2 x 17 1/2 inch baking pan with butter and oil mixture. Add 6 pastry sheets on bottom of greased pan, spread each with the oil and butter mixture, sprinkle with the Swiss chard or spinach mixture alternating the pastry sheets and spinach or Swiss chard mixture. Cover with 6 individually buttered sheets. Pour the remaining butter and oil on top. Bake at 350 degrees for 1 hour. Cool and cut in squares.

BROCCOLI-STUFFED CHICKEN BREASTS

Printed from COOKS.COM

3/4 c. seasoned dried bread crumbs

1 tbsp. grated Parmesan cheese

Dash each poultry seasoning, salt and pepper

1 egg, beaten

1 tbsp. plus 1 tsp. butter, melted and cooled

4 skinned and boned chicken breasts, pounded to 1/4 inch (or chicken cutlets already flattened)

2 oz. Swiss or Provolone cheese

1/2 c. cooked chopped broccoli

Spray 13 x 9 x 2 inc baking pan with cooking spray and set aside. On sheet of wax paper combine bread crumbs, Parmesan cheese and seasonings; set aside. In small bowl, using a fork, combine egg and butter, mixing well. Preheat oven to 375 degrees. Dip 1 chicken breast into egg mixture, then into crumb mixture coating both sides evenly; repeat procedure with remaining breasts being sure to use all of egg and crumb mixtures.

On each breast arrange 1/2 ounce Swiss (or Provolone) cheese, then spoon 2 tablespoons broccoli onto each portion of ham, near 1 end and roll to enclose filling. Arrange breasts seam side down in prepared baking pan and bake until chicken is tender, about 40 minutes. Serves 4. Preparation time: 20 minutes.

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
Musician scheduling are 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 27,
contact Kelly Smith hoppingacres@frontiernet.net
by Wednesday,
June 24, 12 noon.

To unsubscribe to this newsletter click here Morgantownfarmersmarket@gmail.com
type unsubscribe in the subject box.