

# Morgantown Farmers' Market

What to Expect this Saturday, June 27, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

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## Shop Farmers Market then visit Local Gardens

"Gardens of the Mon" tour of private gardens in the Morgantown area is being held this coming Saturday, June 27 from 10am-4pm, rain or shine. Tickets are still available at the \$10 per person price through June 26. On tour day, the price goes up to \$12 each. Children 12 and under are admitted free with an adult ticket for this family friendly event.

Tickets are available at the following locations:

Galloway Florist 57 Don Knotts Blvd. Morgantown

Garden Creations 1719 Mileground Road Morgantown

Grtr Mrgtwn Convent. & Visitors Bureau 68 Donley Street Morgantown

Hillside Florist and Greenhouse Corner Grafton & Goshen Rd Morgantown

Just Add Water 1777 Grafton Rd Morgantown

Mt. Zion Nursery Rt. 8 Box 131 Fairmont

Tatham's Garden Center Rt. 92 Reedsville

WVU County Extension Office 26 Commerce Dr. Westover

There are 8 lovely gardens on the tour this year- all in the Suncrest neighborhood. Visitors can park and walk to many of them. Since there is less driving time this year, attendees will have plenty of time to have a nice lunch between gardens. Slight Indulgence at 3200 Collins Ferry Rd is providing coupons for tour goers- with the purchase of one panini, you can get another at half price. What fun! Plants and paninis!

Don't forget about the plant sale at Site 8! We have lots of beautiful and unusual plants. Make your own pot of herbs or dish of succulents! We have lots of choices that would be just right for your garden!

The weather is looking great for this delightful summer outing. Hope you will join us!

For questions, please see our website or contact Linda Bagby, Garden Tour Coordinator, at lbagby@wvbg.org or at 599-5676.

George W. Longenecker, Executive Director  
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## Food In Season Snap Peas

You've probably never heard of Calvin Lamborn. But he's the guy who made sugar snap peas so sweet and succulent that you want to eat them raw. Though edible-podded peas have been enjoyed for hundreds of years, Lamborn accidentally developed snap peas in the late 1960s while breeding shell peas. Though sugar snap peas are a cultivar of snap peas, you'll most likely see them called "sugar snap peas" at the grocery store.

Tasty raw, snap peas add color and crunch to salads. Or try roasting them to caramelize their sugars. Sugar snap peas also stand up well to a light sauté, making them a favorite addition to stir-fries. Enjoy a delightful herald of early summer tonight with one of these snappy dishes.

A 1-cup serving of the versatile vegetable gives you one-third of your Daily Value of vitamin C and 3 grams fiber.

## NON PROFIT AND MUSIC FOR THE WEEKEND

Mountain Sprouts Parenting Group  
Music Daniel Musik

## 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 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:

### 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, Cinnamon Raisin, Buttermilk Dill & Ezekiel Bread

#### Rolls:

Bacon, Cheddar and Chive, Sundried Tomato & Basil, Garlic & Herb, Onion Breadsticks

#### Sweet Treats:

Our Famous Cinnamon Rolls, Wilderness Lodge Cookies, Molasses Cookies, Rhubarb Bread

#### Farm Fresh Eggs

The Shepherders Kitchen is working to provide our customers with a line of Gluten Free Products. These will include: Gluten free bread, pizza crusts and pastas. I hope to have these available this week.

We now are offering "Bread for 1" small loaves of bread for those who only need just a little.

**Farm news:** Buddy and Sissy's 7 Jack Russell puppies are now up and mobile! They have found their legs and voices and are running, barking and playing Tug-O-War with each other! They are 4 weeks old today and are growing like weeds.

## Hopping Acres / Lady Baa Baa's Kitchen

### Kelly Smith-Anderson

**There is something from our farm or from our friends farms in what we make, right down to the love of cooking passed down from my Mammaw.**

The Original Happy Eggs from Happy Chickens

Farm Fresh Goodies like Grandma used to make:

Breads: Sally Lunn, Molasses Oat, 7 Grain Sourdough, Sourdough, Nutty Shepherd, Potato, Chive & Cheddar, Herb & Cheese Beer.

Chocolate & Peanut Butter Fudge , Old Fashion Potato Candy

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

7 Grain Pepperoni Rolls in regular and turkey pepperoni

Happy Egg Noodles in Buckwheat, Wheat , Regular, Spinach, & Herb

**Fresh Herbs:** Basil, Thyme, Marjoram, Regular Chives, Garlic Chives

Fresh Sugar Snap Peas

Wool products and yarns

## FireFly Farms

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

## Backbone Food Farm

carrots

fennel

salad mix

kale

swiss chard

shiitake mushrooms (a few)

beautiful head lettuce

pearl onions

scallions

basil

cilantro

dill

parsley

### **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)

### **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

### **DeBerry Farm Fresh Produce**

We'll have a nice variety of greens: head lettuce, leaf lettuce, Romaine lettuce, and mixed young kale. Plus we'll have sugar snap peas (edible pod) and just a few strawberries (more to come later in the season). As always you can find our hot pepper jelly and medium salsa - great for hors d'oeuvres for your 4th of July picnic!

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

Will have Rhubarb, Onions, variety of Jams-a new batch of fresh picked cherry, old fashioned apple butter, variety of baked goods-as time allows, pork and lamb, and possibly eggs.

Farm news: We are taking advantage of these couple of sunny days to put up a little hay.

### **Forever Greene House,**

We will have beefsteak tomatoes, cherry tomatoes, and we should have cucumbers

### **Walnut Farm**

Fresh cut flowers with some annuals just coming on including zinnias, snap dragons and more. We also have a few beautiful Canaan Valley Red Spruce trees left. These 3 foot trees were grown from seeds collected on the Canaan Valley National Wildlife Refuge as part of the High Elevation Ecosystem restoration efforts.

### **Round Right Farm**

#### **Steve & Sunshine Vortigern**

Scallions

Salad Mix

Head Lettuce

Beets

Swiss Chard

Kale

Broccoli

Spinach

Sugar Snap Peas

### **Moonlight Gardens**

Blueberries, red raspberries, new potatoes, beets, carrots, turnips, rapini & hopefully some arugula

## Toboggan Hill Farm

Pork chops, tenderloins, and many more pork products (no bacon yet). We'll also have a small quantity of sugar snaps, snow peas, and shell peas.

**GARDENVILLE-** Lettuce, Arugula, Sugar Snap Peas, Soap for people and dogs, Chamomile-dried  
SEE YA AT THE MARKET !

## Provider Gardens

We'll be at the market, and we should have lettuce, turnip greens, and radishes

## Ann Sandor

Pies, muffins, scones, cow sugar cookies, granola bars, feta tarts, rhubarb honey cake.

Coffee from Jay's Daily Grind

Milk and Honey Soap

## Vendors Away This Weekend

Becilla Honey

Red Barn Farm

## Recipe Corner

### Italian Roasted Snap Peas

From *EatingWell Magazine* May/June 2008

Serve this Italian-inspired combination of sweet snap peas, leeks and tomatoes with roast chicken or garlic-rubbed grilled steaks.

Makes 4 servings, about 1/2 cup each

ACTIVE TIME: 10 minutes

TOTAL TIME: 35 minutes

EASE OF PREPARATION: Easy

**1 large leek, white part only, halved lengthwise and thoroughly washed**

**1 pound sugar snap peas, trimmed**

**2 teaspoons extra-virgin olive oil**

**1/2 teaspoon salt**

**1 cup cherry tomatoes, halved**

**1 teaspoon dried oregano**

1. Preheat oven to 425°F.

2. Cut leek halves into 2-inch lengths and then very thinly slice each piece lengthwise, yielding 2-inch-long strips. Toss the leek strips, peas, oil and salt in a medium bowl. Spread evenly on a baking sheet.

3. Roast for 15 minutes. Stir in tomatoes. Return to the oven and roast until the vegetables begin to brown, about 10 minutes more. Toss with oregano and serve.

NUTRITION INFORMATION: Per serving: 96 calories; 2 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 14 g carbohydrate; 3 g protein; 4 g fiber; 311 mg sodium; 135 mg potassium. Nutrition bonus: Vitamin C (45% daily value), Vitamin A (35% dv). 2 Carbohydrate Servings Exchanges: 2 vegetable, 1/2 fat

## 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 July 4, contact Kelly Smith [hoppingacres@frontiernet.net](mailto:hoppingacres@frontiernet.net) by Wednesday, July 1, 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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