

Morgantown Farmers' Market

What to Expect this Saturday, May 16, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

FEATURED VENDOR:

WVU EXTENSION TROUT PROJECT

Faculty with the WVU Davis College, Forestry, and Consumer Sciences, the College of Engineering, and the Extension Service became involved in developing the water resources at Dogwood Lake (in Monongalia County) in 2000 when a small cage was placed in the reservoir and a few rainbow trout were kept in the cage. Consol Energy owns the land and operates the treatment plant, which provides the water for the research by removing the dissolved iron from the water. Most people do not realize that ground water from coal mines is used to produce many of the great tasting fresh trout produced in West Virginia. Mountaineer Trout Farm and West Virginia Salmon and Trout are two of the largest trout producers. These farms were developed near a mine water source because the water is has suitable water quality and a more constant temperature than surface waters.

Aquaculture investigators with WVU have successfully grown thousands of fish using experimental tanks which are made from honeycomb fiberglass reinforced panels. Only the best quality commercial fish feed is used for the fish. Results have shown that trout grow well and are safe to eat. For example, mercury analysis could not return a number because the result was below the detection limit of 0.25 mg/kg. The species that have been raised in the tanks include: rainbow, brook, and brown trout; hybrid striped bass, striped bass, largemouth bass, hybrid bluegill, channel catfish and yellow perch.

For more information visit <http://wvuminate.wvu.edu/Archive/?id=11>

We will bring twice as much product this Saturday.

AVAILABLE THIS WEEK:

Moonlight Gardens:

Bamboo poles & plants, red raspberry plants, radishes & homemade cherry furniture.

Daybreak Farm:

Onions, spinach, eggs, dog treats, lettuce.

Mon Valley Beef:

We will have the hamburger special again this week--Buy 10 pounds of hamburger and get one pound free!

Stewart's Farm & Greenhouse:

Salad greens: spinach, arugula, mizuna, baby lettuces, mesclun, swiss chard
scallions, dried garlic powder, cayenne pepper ristras
Perennial plants: Garden Peonies, Hosta & Sunchoke Plants
tropical foliage: wandering jew, swedish ivy & cordatum
Possibly Rhododendron & Burning bushes.

WVU Extension Service

DRESSED Rainbow Trout

Filletted Rainbow Trout.

These locally grown trout are harvested on Thursday for the Saturday market.

We will bring more product this week.

The Shepherders Kitchen

Joan Henry

Breads:

Shepherders, Tuscan Peasant, English Muffin,, Amish Butter top, Pioneer, Honey Wheat, Multi Grain, German Rye, Sundried Tomato Basil, Cinnamon Raisin, and ***NEW*** Ezekiel Bread

Sweet Treats:

Our famous Cinnamon rolls, Pies, Banana, Pumpkin and Zucchini Breads, Wilderness Lodge Cookies, Spiced Apple Cake
Homemade Dog Treats
Farm fresh eggs

Hopping Acres/ Lady Baa Baa's Kitchen

Kelly Smith-Anderson

Farm Fresh Baked Goods

Muffins,Pumpkin Squares

Chocolate and Peanut Butter Fudge, Old Fashion Potato Candy

Breads: Sally Lunn, Herb & Cheese Beer , Molasses Oat, Sourdough, Potato Chive & Cheddar

Our famous 7 Grain Pepperoni Rolls

Cobblers and Buckles

Happy Eggs from Happy Chickens

Woolens and Yarns

Hand Milked Goat Milk Soap

New This Year

Low fat turkey 7 Grain Pepperoni Rolls,

Homemade Happy Egg Noodles in Buckwheat and Whole Wheat.

Granny Cake (the best coffee cake I've ever tasted)

FireFly Farms

Artisan Goat Cheeses

Backbone Food Farm

WV wild ramps, salad mix, braising mix, spinach and starter plants. Shiitake mushroom logs too!

Ann Sandor

Pies, muffins, cow sugar cookies, granola bars, scones
Coffee from Jay's Daily Grind
Milk and Honey Soap

Strath an De Farm

Scottish Highland Beef – frozen, summer sausage, snackers, cutting boards and syrup

Lots of delicious low fat , low cholesterol Beef.

Grass fed with no hormones, antibiotics or additives.

Website: www.strathande.com Email: bvbutler@gmail.com

We will have our beef jerky and canned meat the end of May!

Evans Knob Farm

Reid and Kathy Evans

& Emily too!

What we expect:

Salad mix, Bulls Blood Beet Greens, Perpetual Spinach, Spring Spinach, Pea Shoots, Swiss Chard.

Herbs: chives, mint, bronze fennel, green garlic shoots

Handspun Woolies, Goats Milk Oat 'n Honey Soap, Maple Syrup,

Eggs

Farm News: Lily the Jersey Cow had a bouncing baby boy on Saturday afternoon.

DeBerry Farm

We will have lettuce, mixed kale, and hopefully a little Swiss Chard.

A bit of news about our farm: Charles & Cheryl are expecting! Little Anna is excited about becoming a big sister in early November. Cheryl is feeling good and everything seems to be going smoothly.

D&L Farm/Shisler's Farm

Old fashioned apple butter, jams, rhubarb, limited supply of onions, lamb and pork, along with a variety of baked goods as time allows.

In farm news we now have 2 more litters of baby piggies, Tear had 13 and Charlotte had 9.

White Buck Farm

Lew will be traveling but Shaw will be at the market selling jam, jelly, relish and pickles. Have you tasted whiskey Jam yet?

Forever Greene House,

We will have sweet red beefstake tomatoes, and cherry tomatoes.

Mike's Berry Patch

Jams and Jellies

White Oak Ridge Farms

Poultry and Pork Products

The following Vendors will not be at the market this week.

Mark Becilla Honey

Red Barn Farm

RECIPE CORNER

Pan-Seared Rainbow Trout over Asian-Style Salad with Ginger-Scallion Sauce

"Create a Classic" recipe contest - Honorable Mention

Bruce D Paton, Cathedral Hill Hotel, San Francisco, CA

Versatile Rainbow Trout takes on an Asian guise with these palate-delighting fusion flavors and textures. Just the preparation for customers looking for a contemporary treatment of this popular, fresh water fish. 3 qt Baby salad greens

Asian-Style Salad (Recipe follows)

Clear Springs Clear•Cuts® Rainbow Trout Butterfly Fillets, 8 oz each

Vegetable oil as needed

Prepared Japanese Shichimi Togarashi red pepper as needed

Coarse salt as needed

Freshly ground white pepper as needed

Ginger-Scallion Sauce (Recipe follows)

Per Order: Toss 1 cup baby greens and ¾ cup salad with 1-½ tablespoons dressing; arrange on a serving plate; reserve. Brush 1 fillet with oil. Sprinkle with Shichimi pepper, salt, and white pepper. In a pan filmed with hot oil, cook trout flesh side down 2 minutes. Turn; cook until trout is just firm to the touch, about 1 minute. Arrange trout over salad. Drizzle with 3 tablespoons sauce.

Asian-Style Salad: To make dressing, whisk together ¼ cup each rice vinegar and fresh orange juice, 2 tablespoons Asian fish sauce, 1 tablespoon each fresh lime juice and prepared sweet Thai chile sauce, 1 tablespoon packed brown sugar; whisk in ¼ cup each olive and canola oils. Reserve. **Just before service,** toss 1-½ quarts thinly sliced English cucumber, 2 cups thinly sliced carrot, 1-1/3 cups julienned red bell pepper, ¼ cup chopped fresh cilantro, and 2 tablespoons shredded fresh mint.

Ginger-Scallion Sauce: Combine 3 cups lightly packed fresh cilantro (coarse stems removed), 2 cups green onion (cut in 1-inch lengths), ½ cup each rice vinegar and water, ¼ cup each packed brown sugar, chopped ginger root, fresh lime juice and Asian fish sauce, and 1 teaspoon Sambal Ulek (Crushed red chile condiment) in a blender; puree. Reserve.

http://www.tommytrout.com/recipes/details/index.asp?cat_id=3&rec_id=58

Spinach, Mozzarella and Roasted Red Pepper Panini Recipe

No measurements have been given. Add all listed ingredients in quantities of your choice and according to your bread size.

Ingredients

Fresh or cooked Spinach
Grated or sliced mozzarella
[Roasted red pepper strips](#)
sliced black olives
Sprinkle of oregano, garlic powder and parsley
Salt and Pepper

Two slices of crusty bread
Extra Virgin Olive Oil

Directions

Arrange ingredients between slices of bread, brush with Olive oil, then grill until golden brown and melted.

Mmmm Mmmm Good!

<http://www.squidoo.com/Panini-sandwich-recipes>

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 May 16,
contact Kelly Smith hoppingacres@frontiernet.net
by Wednesday,
May 20, 12 noon.