

Morgantown Farmers' Market

What to Expect this Saturday, May 23, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

Happy Memorial Day Weekend Trivia

Records indicate that after the Civil War, groups of women in both the North and South visited gravesites, adorning soldier's graves with flowers. Whatever stories are true, the main focus is always the same, to honor those lost in service to our country.

The first official [Memorial Day](#) was held on May 30, 1868, organized by General John Logan. (The date was chosen because it was not an anniversary date of a battle.) To honor the fallen soldiers of the Civil War, flowers were placed on Union and Confederate graves in Arlington National Cemetery. [New York](#) was the first state to officially recognize the holiday in 1873.

In 1971, Congress enacted the National Holiday Act, and the observance of [Memorial Day](#) was changed from May 30 to the last Monday in May of each year. Many credit this change of date to the decline of this day of remembrance, as people focused on the three day weekend instead of the original meaning of the holiday.

In 1915, Moina Michael penned a poem ("We Shall Keep the Faith") honoring the fallen soldiers remembered on Memorial Day:

FEATURED VENDOR:

RED BARN FARM

Jeanne and Llew Williams and their four children moved to what is now called Red Barn Farm in 1995. Though it was a beautiful old farm dating back to the 1830's, the land was not being farmed. In 2005, Jeanne flipped out and decided she could not longer survive in the dog eat dog world of preschool. Casting her eye about she said, "We have 113 acres, why aren't we doing something with it?" After reading Barbara Kingsolver's "[Prodigal Summer](#)", in which one of the characters begins raising meat goats, she began months of research. Then, cashing in her meager retirement, she had fence and a barn built and bought her first 7 meat goats. Since then the herd has swelled to as many as 72 goats. Jeanne uses sustainable practices including rotational pasturing and never uses antibiotics or growth hormones in the natural goat ration. She supplements with Fertrell's Nutribalancer which contains the highest quality vitamins and minerals plus probiotics. Jeanne has been heard to say, "Goats are the solution to all the world's problems - they provide meat, milk, cheese, fiber, clean your hillsides and they are fun to have around!"

Jeanne always had a large garden for the family but has increased veggie production for market sales. Located in a cold hollow in the southwest corner of Pennsylvania, it is just right for raising beautiful lettuce all summer long. Jeanne plants Fedco seeds because of their pledge to not knowingly sell GMO seeds. Jeanne uses zero chemical pesticides, herbicides or fertilizer. There's plenty of goat and chicken manure around to take care of soil fertility!

Two years ago, Jeanne added laying hens and broilers to the mix at Red Barn Farm. The layers are free ranged (though she is trying to keep the darned things out of the front yard). The broilers will be in a day range situation this year. In past years they were pastured and pens were moved daily. In the day range situation, the broilers will be able to move in and out of the pens on pasture and the pens will be moved weekly. Both types of chickens are fed a natural ration mixed with Fertrell's Nutribalancer. Jeanne butchers the broilers herself and though it is not her favorite job, Jeanne says, "That's the best chicken I ever ate!" So does anyone who tries it.

Available this week:

Goat Meat - Boneless leg of kid, rack of goat, loin and rib chops, ribs, goat stew meat, shanks, and ground goat meat from pasture raised goats;

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

Buckies and Sunnies Microgreens (Buckwheat and Sunflowers) and maybe some **broccoli microgreens** if they are ready; "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>

Hopefully some **asparagus**;

Herbs - oregano, thyme, candy mint;

Lettuce - from Fedco Seeds: (Fedco descriptions) Check out the Fedco Safe Seed Pledge:

http://www.fedcoseeds.com/seeds/safe_seed_pledge.htm

2731CO Cracoviensis Lettuce OG (47 days) My absolute favorite of all the lettuces Seed Savers curator M. Schultz shared with me, unlike any other in size, shape or colors. Cracoviensis is where the red meets the green, making a dazzling twisting rosette with heavy purple accenting, especially towards the center. Plants grow fast and very large. Although relatively rapid bolters, their tender buttery flavor doesn't give way to bitterness even after they bolt. Customers in New Jersey and Massachusetts have reported success overwintering it. Listed as a distinct type, Asparagus Lettuce, in *The Vegetable Garden* by Vilmorin-Andrieu(1885). Highly prized in China where they peel and eat the thick fleshy stems like asparagus. OT-certified.

2738AO Antares Lettuce OG (48 days) A shimmery pink and bronze oakleaf growing vigorously to magnificent size. The extra-frilled finely cut bright leaves are colorful and tender, not bitter even in early July. Antares puts on a terrific show especially when started indoors, transplanted early in spring, and allowed ample space. Bred by Frank Morton of Wild Garden Seed in Oregon out of a combination of #2722 Salad Bowl and #2865 Rouge d'Hiver. (See our 1999 catalog for a profile of Morton.) "I have loved every Frank Morton seed I've tried. More, more, more!" recommends Hillary Nelson. OT-certified.

Farm News: Check out the Pittsburgh Post Gazette article by our neighbor, Miriam Rubin. She mentions Red Barn Farm!

<http://www.post-gazette.com/pg/09127/968075-34.stm>

AVAILABLE THIS WEEK:

Moonlight Gardens:

Bamboo & bamboo plants, red raspberry plants, sweet radishes, lettuce & cherry furniture. Please remember to bring your empty pots back, the growers can recycle them.

Daybreak Farm:

Fresh eggs, doggie treats, lettuce, onions.

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!

Stewart's Farm & Greenhouse:

Greens: Arugula, baby Lettuce, baby Spinach, Mizuna & Swiss Chard.

Scallions, Cherry Belle Radishes, Chives, Dried Garlic Powder

Genovese Basil in pots

Cut Peony flowers & French Lilac Mixed Bouquets

Perennials: Hosta, Penstemon & Garden Peonies

Shrubs: Rhododendron & Burning Bush

WVU Extension Service

DRESSED Rainbow Trout

Filletted Rainbow Trout.

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

We are increasing our product each week based on demand, which is very good.

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 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
The "un-named" cheese will be here on Saturday - come with naming ideas!

Backbone Food Farm

Salad mix, mixed greens, bunches of mizuna and shiitake mushroom logs. Maybe a few other things!

Ann Sandor

Pies, muffins, scones, granola bars, cow sugar cookies, feta tarts
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
We will have beef jerky, canned beef and shish kebab cubes the last Saturday 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: We were fortunate and faired well with the frost. Only a few potatoes got bit, but they will come back.

DeBerry Farm

We will have mixed kale, some lettuce, spinach, and hopefully a little Swiss chard.

D&L Farm/Shisler's Farm

Old fashioned apple butter, jams, Rhubarb, onions, Eggs, a variety of baked goods as time allows, Pork and a limited supply of lamb. Jackie will not be there but her products will be with help from family members.

White Buck Farm

We will have a lot of delicious Jam and Jelly for you to taste. Join the Apple Butter Club; get your free membership card punched every time you make a

purchase, when the card is full, you get a FREE jar of Apple Butter. Don't forget to help us with recycling. Bring in your plastic grocery store bags, used canning jars and glass mayonnaise jars. (please wash the jars and put the lid on to protect the jar lip and threads from damage) We are taking orders for Strawberry Rhubarb and Black Raspberry pie filling. See Lew on Saturday.

Forever Greene House,

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

Mike's Berry Patch

Jams and Jellies

White Oak Ridge Farms

Poultry and Pork Products

Mountain Diamond Longhorns

Dave and Barb Miller

For the grill I will have lean and tender 100% Texas Longhorn freezer beef -- 1-pound packages of cubed steaks and ground beef, some 1-2 lb roasts and brisket.

Also gourmet spicy beef sticks, sweet and tasty smooth muscle jerky, and tangy summer sausage.

My produce will be green topped onions, some young garlic, mixed lettuce salad greens, young spinach, crisp curled parsley, potted patio cherry tomato plants and potted catnip.

Mike and Donna Eisenstat

PORK

This Saturday we'll have plenty of eggs, some garlic greens, and pork (from last year - new coming in a few weeks) at 20% off last year's prices.

RECIPE CORNER

Greek Gyros with Goat Meat

2 pound Goat meat loin roast

1. Place approximately 12 to 15 cloves garlic in the roast, spacing the garlic a couple inches apart. Insert a sharp knife into the roast and push a garlic clove into slit. Marinate roast in garlic dressing over night.
2. Season with Greek Seasoning, salt and pepper. Caramelize the roast in a real hot sauté pan with a little vegetable oil.
3. Use a roasting pan with a rack. Place the goat roast on the wire rack. Roast at 300° for approximately 45 minutes. Internal temperature of 150° for medium roasted meat.
4. Let roast set before thinly slicing the roast into strips of Gyro Goat meat.

Tzatziki Sauce & Gyros Toppings

2 cup sour cream

½ cucumber, small-diced

Optional--- Approximately 1 T. dill

Optional --- 2 - 3 T. Feta Cheese

10 large flat pita breads
1 cup finely shredded lettuce
1 white onion - small minced
1 large tomato - small diced

1. In a mixing bowl, mix the sour cream & cucumbers together.
2. Adjust flavors, season with salt and pepper if desired.
3. Spread the cucumber sauce evenly over each pita bread.
4. Layer thinly sliced goat meat on the pita breads.
5. Garnish each sandwich with lettuce, onion & tomatoes.
6. Cut each pita bread into $\frac{1}{4}$ slice. Serve.

<http://www.iowameatgoat.com/recipes.html>

Baked Eggs with Creamy Spinach Hash Browns

What You Need

2 cups frozen Southern-style hash brown potatoes (12 oz.)
1 cup sliced mushrooms (3 oz.)
1/4 cup water
2 cups baby spinach (2.5 oz.)
1/2 cup sour cream
1/2 cup shredded Cheddar cheese (2 oz.), DIVIDED
1 tsp. dried dill weed
4 EGGS

Here's How

1. **HEAT** oven to 350°F. **COAT** large nonstick skillet with cooking spray; heat over medium-high heat until hot. **ADD** potatoes, mushrooms and water; mix and spread in even layer. **COOK**, covered, 8 minutes. **TURN** vegetables over; cook, uncovered, until soft, about 6 minutes.
2. **REMOVE** from heat. **ADD** spinach, sour cream, 1/4 cup cheese and dill weed; mix well.
3. **DIVIDE** mixture evenly among four greased 10-oz. ramekins or custard cups. **PRESS** an indentation (about 2-inch diameter) into center of mixture with back of spoon. **PLACE** on baking sheet.
4. **BREAK AND SLIP** an egg into each indentation. **SPRINKLE** with remaining cheese. **BAKE** in 350°F oven until whites are completely set and yolks begin to thicken but are not hard, 25 to 30 minutes.

<http://www.incredibleegg.org/recipes-and-more/baked-eggs-with-creamy-spinach-hash-browns>

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 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 May 30, contact Kelly Smith hoppingacres@frontiernet.net by Wednesday, May 27, 12 noon.
