

# Morgantown Farmers' Market

What to Expect this Saturday, May 30, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

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## Eight Reasons to Eat Local Foods

### Straight-Forward Benefits of Eating Local Foods

By Molly Watson, [About.com](#)

Eating local foods is better for you, for the environment, and for your taste buds. Here are the top eight big, umbrella-style reasons you should eat more local foods.

#### 1. Local Foods Are Fresher (and Taste Better)

Local food is fresher and tastes better than food that been trucked or flown in from thousands of miles away. Think you can't taste the difference between lettuce picked yesterday and lettuce picked last week, factory-washed, and sealed in plastic? You can. And fresh food? It lasts longer too.

#### 2. Local Foods Are Seasonal (and Taste Better)

It must be said: Deprivation leads to greater appreciation. When does a cozy room feel best? When you've come in from out of the freezing cold. Fresh corn in season tastes best when you haven't eaten any in 9 or 10 months--long enough for its taste to be a slightly blurred memory that is suddenly awakened with that first bite of the season. Eating locally means eating seasonally, with all the deprivation and resulting pleasure that accompanies it.

#### 3. Local Foods Usually Have Less Environmental Impact

Those thousands of miles some food is shipped? That leads to a big carbon footprint for a little bunch of herbs. Look for farmers who follow organic and sustainable growing practices and energy use to minimize your food's environmental impact.

#### 4. Local Foods Preserve Green Space & Farmland

The environmental question of where your food comes from is bigger than its "carbon footprint." By buying foods grown and raised closer to where you live, you help maintain farmland and green space in your area.

#### 5. Local Foods Promote Food Safety

The fewer steps there are between your food's source and your table the less chance there is of contamination. Also, when you know where your food comes from and who grows it, you know a lot more about that food. During the *e. coli* outbreak in spinach in 2006 I knew the spinach in my refrigerator was safe because I knew it was grown in Yolo County by a farmer I knew, and, as importantly, that it didn't come from Salinas County where the outbreak was. (The knowledge would have worked in reverse too: if the outbreak had been in Yolo County instead, I would have known to throw that bunch of greens and scrub down the fridge!)

#### 6. Local Foods Support Your Local Economy

Money spent with local farmers, growers, and artisans and locally-owned purveyors and restaurants all stays close to home, working to build your local economy instead of being handed over to a corporation in another city, state, or country. Since the food moves through fewer hands, more of the money you spend tends to get to the people growing it.

To make the biggest local economic impact with your food budget, seek out producers who pay their workers a fair wage and practice social justice in their business.

## 7. Local Foods Promote Variety

Local foods create greater variety of foods available. Farmers who run community-supported agriculture programs (CSAs), sell at farmers' markets, and provide local restaurants have the demand and the support for raising more types of produce and livestock. Think Brandywines, Early Girls, and Lemon Boys instead of "tomatoes."

## 8. Local Foods Create Community

Knowing where your food is from connects you to the people who raise and grow it. Instead of having a single relationship--to a big supermarket--you develop smaller connections to more food sources: vendors at the farmers' market, the local cheese shop, your favorite butcher, the co-op that sells local eggs, a local café that roasts coffee.

**Eating locally? It connects you to a larger world.**

# 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:

### Round Right Farm

Spinach  
Radishes  
Swiss Chard  
Salad Mix

### Daybreak Farm:

Fresh eggs, doggie treats, lettuce, spinach. Thank you for supporting your local Farmers' Market.

## **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

## **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**

Farm news: Joan's Jack Russell Sissy is the proud mother of 7 new puppies at the time of this newsletter.

## **FireFly Farms**

Artisan Goat Cheeses

## **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:

Greens: salad mix, red giant mustard, arugula, spring spinach, perpetual spinach, swiss chard.

Herbs; dill, mint, chives, cilantro, bronze fennel.

Other Goodies: maple syrup, goat milk oat 'n Honey soap, handspun woolies

Farm News; From Saturday afternoon to Wednesday 6 pm, 5+ inches of rain! Anybody got an ark?

### **DeBerry Farm**

Lettuce, kale, Swiss chard, spinach, and maybe a surprise or two.

Farm News - Despite two freezes and two frosts last week, the plants are pulling out of it this week. They sure are tough!

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

Rhubarb, Jams, Old 'Fashioned Apple Butter, Onions, a variety of baked goods as time allows, Pork, Eggs (If I don't sell them all at the house again). Sorry for any inconvenience we may have caused with not having enough lamb. Our next processing day will be June 2. (We didn't anticipate selling it as quickly as we did- that is a good thing though, Thank you)

### **White Buck Farm**

We will have a large selection of jam, jelly, apple butter, and whiskey jam on Saturday. Stop by and try a sample of our Pumpkin Butter, it tastes just like pumpkin pie in a jar! Have you tasted Whiskey Jam yet?

Farm News: The Board of Health reviewed our operation last week and gave us a passing grade with "NO VIOLATIONS." We received our new farm equipment and tractors last week after the farm sale of our old equipment. We went from Ford blue to Massey Ferguson red. Although we are way behind on our planting, we expect to have our new raised bed gardens and hoop houses installed by June. A new cannery and barn is in the works, too, as soon as we can fit them into the schedule. The "extra" growing season, provided by the hoop houses at the end of the year, should level out our late start and give us two crops next year. This fall we are planning on replanting one of our orchards and will plant some heirloom varieties of American Fox grapes, too. I'm looking forward to good old-fashioned Concord grape jam! We are continuing to propagate Elderberries and we will soon be adding Muhlberries to our list of succulent, aromatic fruits. Muhlberry Jam is delicious and tastes like a cross between a Black Raspberry and a Boysenberry, but without the thorns.

If anyone has a (dump?) truck, lives in the Waynesburg/Greene County PA area and is interested in hauling manure and compost for the farm, please call Lew at 724 499-5376. If anyone is interested in the construction of raised bed, hoop houses, allowing for crop rotation, call Lew. You are welcome to see and experiment with this weed free operation first-hand.

### **Forever Greene House,**

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

### **Mike's Berry Patch**

Jams and Jellies

## Mountain Diamond Longhorns

### Dave and Barb Miller

I will have green top scallions, colorful and young mixed lettuce greens, tender spinach, green topped garlic, smokey and spicy gourmet Texas Longhorn beef sticks, tangy lean Texas Longhorn summer sausage and tasty tender beef jerky.

I will also have Texas Longhorn frozen beef--ground beef, roasts, brisket, and soupbones.

I plan to have eggs available this week.

I will also have doggie jerky treats and some potted beefsteak tomato, curled parsley and catnip plants.

So far I have one beef left and am taking orders for halves or quarters. This will be the last one until next winter.

Farm News: We have a new crop of colorful Texas Longhorn calves and are conducting walking tours. Call for availability, 304-568-2322

## Toboggan Hill Farm

### 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.

## Red Barn Farm

**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;

**Sorry, no Microgreens** this week. I was away on the day I needed to start them.

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

[http://www.fedcoseeds.com/seeds/safe\\_seed\\_pledge.htm](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-Andrieux (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:** The broilers are out on pasture! They look tasty already.... Since I process the chickens myself, I can't take them across state lines according to USDA regulations. In the past I have met those customers from WV at the Kirby Welcome Center for their chicken purchase. Please email me if you would like to be put on the "Chicken List". Thanks!

## Rural T

Carolyn Atkins

Available compost

Farm News Just busy trying to get the garden off to a good start this season.

## GARDENVILLE-

SALAD BOUQUET MIX-paris white romaine,verte mar,salad bowl,spinach,mazuna-some bouquet's will have arugula,and some will not  
GARLIC LOVERS NIRVANA-garlic scapes are here !.....recipe card for garlic scape pesto free with purchase  
RHUBARB FOR SALE -ahhh!,the many uses of the veggie....try the Rhubarb Margarita.. recipe card with purchase  
CHAMOMILE- the freshest you'll find around town...just picked and dried.....there are many uses for this herb  
SOAP- herbal soaps for people and dogs  
EGGS- 1/2 doz. containers...eggs from happy chickens.....if Owen,my grandson gets them gathered .....Maybe some sweet things ,if everthing else gets done.....SEE YA AT THE MARKET!!!!

## Vendors Away This Weekend

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

**Moonlight Gardens**

**Becilla Honey**

**White Oak Ridge**

## RECIPE CORNER

### Grilled Chicken with Rhubarb Relish

<http://www.rhubarbinfo.com/>

#### **Ingredients:**

##### relish:

3 cups diced rhubarb

3/4 cup sugar

1 tablespoon grated orange zest

1 cup orange juice

1 or 2 jalapeno peppers, seeded and chopped

2 shallots minced

##### chicken:

6 boneless, skinless chicken breast halves

salt and pepper

1 tablespoon fresh lemon juice

Olive oil

## **Procedure:**

**Place all relish ingredients in a medium saucepan. Bring to a boil, then reduce the heat and simmer, stirring every so often, for about 10 minutes or until mixture thickens. Cool.**

**Preheat the grill. Sprinkle chicken with salt and pepper. Brush with lemon juice and oil. Grill about 6 minutes per side.**

**Serve with rhubarb relish. serves 6**

## **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 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 6, contact Kelly Smith [hoppingacres@frontiernet.net](mailto:hoppingacres@frontiernet.net) by Wednesday, June 3, 12 noon.

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