

Morgantown Farmers' Market

What to Expect this Saturday, May 9, 2009

8:30 a.m. - 12 Noon

Corner of Spruce and Fayette Streets, Downtown Morgantown

AVAILABLE THIS WEEK:

Moonlight Gardens:

Bamboo poles & plants, red raspberry plants, cherry furniture

Daybreak Farm:

Onions, spinach, eggs, dog treats, cookies and jams.

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: Lettuce, Arugula, Spinach, Mesclun, Mizuna, Swiss Chard

Scallion bunches

Cut Herbs: chives, french sorrel

Dried Cayenne Pepper Ristrias, Dried Garlic Powder

Perennial Plants: Bleeding Hearts, Hosta, Lily of the Valley

Tropical Foliage: Wandering Jew, Swedish Ivy, Cordatum, Cape Cowslip
sunchoke plants

It was wonderful to see all our returning customers and to meet some new folks last week. We are looking forward to a great 2009 MFMGA season!

WVU Extension Service

Will have fresh locally raised rainbow trout for sale this Saturday.

Two types will include 1) gutted and 2) fillets.

The Shepherders Kitchen

Joan Henry

It will be good to see all of our wonderful friends again!

We will be offering our fresh baked artisan breads, deserts, farm fresh eggs, jams and jellies and fruit butters, fresh, homegrown veggies (in season) homemade dog treats and handmade woolen items.

All of our items are made with as many locally grown products as possible to insure the best taste and quality.

This week we will be offering the following items:

Breads:

Shepherders, Tuscan Peasant, English Muffin, Jewish Challah, 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

Looking forward to seeing all of you!

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

Mike Koch and Pablo Solanet

Artisan Goat Cheeses

Becilla Honey from Mark Becilla.

Available in Quarts, pints, queenlines, bears and honey sticks.

Creamed honey also available.

Backbone Fooda Farm

salad mix, mixed asian greens, spinach, WILD WV RAMPS.

Shiitake mushroom logs

Many varieties of starter plants grown in organic potting mix!

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.

Evans Knob Farm

Reid and Kathy Evans

Swiss chard, perpetual spinach, salad mix, bulls blood beet greens, spring spinach, horseradish root, corn shoots, pea shoots, goats milk soap, maple syrup, jams and jellies, and handspun woolies.

Note from Evans Knob: How wonderful to see such a great turn out for the opening market day.

Thank you everyone for supporting your local farmers. You are truly gems!

DeBerry Farm

A variety of young kale, Romaine lettuce, leaf lettuce, and as always, our medium salsa and hot pepper jelly!

Red Barn Farm

Goat Meat - Leg of kid, shanks, rack of goat, loin and rib chops, ribs, goat stew meat and ground goat meat; Buckies and Sunnies Microgreens (Buckwheat and Sunflowers); Asparagus; Cinnamon Rolls and Norwegian Rye Bread

Farm News: Baby chicks arrived on Tuesday and are in the brooder. The broilers will be out on pasture in 3 weeks and the layers will be ranging freely at about the same time. The Poultry Feed Ration is mixed to my specifications using only corn, soybeans, oats, alfalfa, lime, and Fertrell's Poultry Nutri Balancer with probiotics and sea kelp.

D&L Farm/Shisler's Farm

Jams, Old Fashioned Apple Butter, Rhubarb, and as time allows a variety of baked goods. We will still have our lamb, pork and of course eggs.

We are waiting patiently on the arrival of some more baby pigs, the proud Momma will be Tear. Our garden is learning swimming lessons and seems to be doing well with the "Potato Paddle" instead of the doggie paddle.

I took a picture of the quesadillas I made for Sunday dinner. They are made with corn tortillas, Firefly Farm Cabra La Mancha cheese and Red Barn Farm broccoli microgreens. . Oh yes - serve with

DeBerry Farm Salsa!

Jeanne Williams

Red Barn Farm

New Freeport, PA

RECIPE CORNER

Grilled Rainbow Trout recipe

Ingredients:

4 six-ounce fillets of rainbow trout.

¼ cup of canola oil.

2 tablespoons of fresh lime juice.

1 tablespoon of ginger root, minced.

1 teaspoon of grated lime peel.

1 teaspoon of crushed red pepper.

Preparation Instructions:

In a suitably sized saucepan over medium heat, sauté the minced ginger and grated lime peel in the canola oil, until just lightly browned and aromatic.

Remove the saucepan from the heat, then stir in the crushed red pepper.

Once the oil has completely cooled, gently whisk in the lime juice and reserve.

Heat the grill to a moderate temperature.

Brush the grill pan with some oil to reduce sticking, and grill the trout fillets with the flesh side down for about 2 minutes.

Gently turn the fillets and grill for 2 minutes more, or until the trout turns opaque.

Serve the trout immediately with a splash of the ginger/lime mixture.

<http://www.troutrecipes.org/grilled-rainbow-trout.html>

Goat Cheese Quesadillas with Tomato and Corn Salsa

- Olive oil spray or nonstick cooking spray
- 8 10-inch flour tortillas
- 12 ounces soft fresh goat cheese, crumbled (about 1 1/2 cups)
- Tomato and Corn Salsa

Preparation

Grill Method:

Spray one side of a tortilla with oil and place it, oiled side down, on the grill over medium-high heat. Top with one-quarter (about 3 ounces) of the cheese and one-quarter of the salsa. Spray one side of a second tortilla with oil, and place it on top of the first, oiled side up. Cook, about 3 minutes, until the bottom tortilla is golden brown. Turn the quesadilla over and continue cooking, about 3 minutes more, until the bottom is golden brown and the cheese is melted. Remove from the grill and cut into wedges. Repeat with the remaining tortillas, cheese, and salsa. Serve immediately.

Camp Stove Method:

Spray a large skillet with oil and warm over medium-high heat on the stove. Place 1 tortilla in the hot skillet, and top with one-quarter (about 3 ounces) of the cheese and one-quarter of the salsa. Top with a second tortilla. Cook, about 3 minutes, until the bottom tortilla is golden brown. Turn the quesadilla over and continue cooking, about 3 minutes more, until the bottom is golden brown and the cheese is melted. Remove from the skillet and cut into wedges. Repeat with the remaining tortillas, cheese, and salsa. Serve immediately.

Make It at Home:

Make it a meal by adding broiled shrimp. Preheat the broiler. Spread 1 pound of peeled shrimp in a single layer on a baking sheet, spray with olive oil, and season with salt and pepper. Broil, about 2 minutes, until the shrimp is cooked through. Split each shrimp in half lengthwise. Continue with preparation per the camp-stove method. Add 1/4 cup of the shrimp to each quesadilla along with the cheese and salsa.

<http://www.epicurious.com/recipes/food/views/Goat-Cheese-Quesadillas-with-Tomato-and-Corn-Salsa-235221>

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 16, contact Kelly Smith hoppingacres@frontiernet.net by Wednesday, May 13, 12 noon.
