



Montgomery Farmers' Market

August 6th, 2016

Hello Montgomery Farmers' Market Friends,

This week's newsletter is devoted to a particular pollinator and the delectable sweet product of their hard work. We're talking about honey bees and honey!

Honey is made by bees in one of the world's most efficient facilities, the beehive. The 60,000 or so bees in a beehive may collectively travel as much as 55,000 miles and visit more than two million flowers to gather enough nectar to make just a pound of honey!

The color and flavor of honey differ depending on the bees' nectar source (the blossoms). In fact, there are more than 300 unique kinds of honey in the United States, originating from such diverse floral sources as Clover, Eucalyptus and Orange Blossoms. In general, lighter colored honeys are mild in flavor, while darker honeys are usually more robust in flavor.

1/3 of global food production relies on pollinators such as the honey bee. 80% of flowering crops are pollinated by honey bees and other insects. Honey bee health is negatively impacted by the following factors: Pests and Disease; Pesticides; Hive management; and Poor nutrition.

We're lucky to have Andrew Kartal, beekeeper extraordinaire as one of market vendors.

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Montgomery Farmers' Market
Montgomery Elementary
School
Montgomery, Ohio 45242

Montgomery Farmers' Market
Board

We can't wait to see you this Saturday!

Marian, Brian, Kim, Russ, Andy and Stuart
Montgomery Farmers' Market Board

Featured Vendor - Kartal Honey

Blue Ash resident Andrew Kartal, who served as a state apiary inspector for Ohio, manages about 100 hives and has been selling his delicious honey at the Montgomery Farmers' Market and others for years.

Here are some of Andrew's favorite ways to eat honey:

1. I put honey a lot in smoothies (see recipe of the week below) and put in pollen granules from the hives for protein.
2. You can use raw honey topically, but make sure it is raw honey that hasn't been heated or pressure filtered. That ruins the glucose oxidase, an enzyme that gives honey its antibacterial quality.
3. A lot of times in winter, I use honey in tea. I drink a lot of green teas and black tea, which is good for a sore throat.
4. I use honey in sauces and dressings. I use olive oil, apple cider vinegar, garlic, herbs, and honey. I also use honey for a marinade with soy sauce, ginger, and garlic for fish and for a BBQ sauce with tomato paste.



Kids: Come hunt for peas!

Parents, wish you had something a little extra to keep the kids entertained while

Parents, wish you had something a little extra to keep the kids entertained while you sip your coffee, chat with a farmer, or sit and enjoy the live music? Let me re-introduce our three peas - Penelope, Piper, and Pru! These silly stuffed peas hide in the market every week. When your child has found all three peas, visit the Market Manager's booth, report where you found them, and reap your reward of a Farmers' Buck! (Make sure the peas stay hidden for other kids to find!)



Recipe of the Week

(courtesy of allrecipes.com)

Fruit Smoothie

INGREDIENTS

- 10 oz mixed berries (frozen)
- 15 oz sliced peaches
- 2 tablespoons honey

PREPARATION

1. Combine all ingredients in blender and blend until smooth!



Vendor Market Offerings

Every week the market will feature many of our regular vendors along with a rotating food truck and musician.

Our 2016 Vendors

April 2018 Vendors

[Angie's Malaysian Satay & Sauces](#) -

Satay spice mix and peanut sauce- Mild & Spicy

New Batch: Cabbage Kimchi, Original, vegan and white Cucumber kimchi, original and daikon kimchi

Creamless corn chowder with local corn & potatoes, bell peppers, cilantro & bacon

Curried quinoa, chickpea and cranberry salad

Kimchi fried rice with Angie's kimchi local eggs & cabbage, scallions and cilantro

Dessert: Asian mango pudding

Argos Pet Supplies - Dog and cat food

[Baudry Cream Puffs](#) - shortbread cookies, cream puffs, eclairs, croissants

Bethel Lane Farms - seasonal vegetables, spiced blends, and lavender

[Boba Cha](#) - bubble tea

[Boone Creek Creamery](#) - We're bringing out our Gruyere to market, along with Butterkase and Caerphilly in addition to our other market cheeses.

[Cucina Della Patrizia](#) - authentic handmade Italian specialities

[Deeper Roots Coffee](#) - coffee

[Finn Meadows Farm](#) - veggies, berries, flowers, herbs, meat

[Frieda's Desserts](#) - assortment of breads, scones, croissants, pretzels; sourdough rye crusted with sesame, poppy seeds and seasoning

Front Porch Jams (1st and 3rd Saturdays) - jams and jellies

Good Guy's Gardens - microgreens

Grandola Granola - granola

J&M Alpaca (Sept & Oct) - alpaca wool; socks, scarfs, wool yarn

Jessie's Garden - colorful cherry tomatoes, okra, summer squash, and fresh herbs - mint (orange, mojito, and spearmint) as well as ground cherries!

Kartal's Honey - honey, pollen, beeswax candles; honeycomb on request

[Mt Kofinas Olive Oil](#) - selection of olive oils

[Olde Garden Shack](#) - Sweet corn, green beans, and melons!!

[Owl Creek Bison](#) - bison meat, garlic, cukes, chard, eggs, chicken; garlic scapes

Pies and Other Pleasures - Cinnamon rolls, quick breads; July brings Summertime

Fruits for the Hearty Pies! Blueberry muffin and chocolate peanut-butter whoopie pies

[Pine Lane Soaps](#) - soap, shaving suds, lip balm, lotion, syrup

[Rice Family Harvest](#) - Blueberries, tomatoes, cherry tomatoes, squash, cucumbers, spinach, sweet onions.

Salatin's Orchard - Peaches, eggplant, gooseberries, and apple butter!
Also, veggies, herbs.

Street Pops (May 21, Jun 11, July 9, July 23, July 30) - Popsicles

[Summuh Hummus](#) - variety of hummus flavors

[TS Farms](#) - eggs, meats, jam, syrup

[Wittmeyer White Oak Valley Farm](#) - veggies, summer squash pizza crusts, bread; sugar snap peas

MUSICIAN OF THE WEEK: Patrick Ewing

ROTATING VENDORS THIS WEEK: Tom's Garden; Front Porch Jams; Ora's Studio Pottery



Friendly reminder: The Montgomery Farmers' Market Board to take this opportunity to remind our dog-loving friends of their responsibility to keep dogs on a leash and maintain control of them at all times while visiting the Market. More than anything, we want to be sure that all of our visitors (2 and 4 legged!) and vendors have a safe and enjoyable time at the Market. We appreciate your cooperation and support. To share any questions or comments about the Market with the board, please email montfarmersmkt@gmail.com.