



Montgomery Farmers' Market

August 13th, 2016

Hello Montgomery Farmers' Market Friends,

This week's newsletter is devoted to microgreens, a relative newcomer to many folks who are still learning about this "superfood."

A microgreen is a tiny vegetable green that is used both as a visual and flavor component or ingredient primarily in fine dining restaurants. Fine dining chefs use microgreens to enhance the beauty, taste and freshness of their dishes with their delicate textures and distinctive flavors. Smaller than "baby greens," and harvested later than "sprouts," microgreens can provide a variety of leaf flavors, such as sweet and spicy. They are also known for their various colors and textures. Among upscale markets, they are now considered a specialty genre of greens that are good for garnishing salads, soups, plates, and sandwiches.

USDA research scientists determined the concentration of essential vitamins and carotenoids in 25 commercially available varieties of microgreens. Among the 25 microgreens tested, red cabbage, cilantro, garnet amaranth, and green daikon radish had the highest concentrations of vitamin C, carotenoids, vitamin K, and vitamin E, respectively. In general, microgreens contained considerably higher levels of vitamins and carotenoids-about five times greater-than their mature plant counterparts

So now you know a bit about microgreens and how they pack a mighty nutritional punch! Read on to learn about Good Guys Gardens - our microgreens vendor and

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Montgomery Farmers' Market
Montgomery Elementary
School
Montgomery, Ohio 45242

Montgomery Farmers' Market
Board

this week's recipe featuring microgreens.

We can't wait to see you this Saturday!

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

Featured Vendor - Good Guys Gardens

Good Guys Gardens is a locally owned microgreen greenhouse based out of Lebanon, OH. Microgreens are vegetables and herbs at their first stage of growth, shortly after they sprout from their tiny seeds and just before they grow their first set of "true leaves." Our microgreens are filled with nutrients and are grown with non-GMO seeds, organic soil, water, and sunlight. We take great care during growing and harvest to improve the shelf life, overall quality, and appearance of our products. This allows you to enjoy them to their fullest potential.



Kids: Come hunt for peas!

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

Six Ways to Use Microgreens to Boost Flavor

Courtesy (<http://www.brit.co/microgreen-recipes/>)

1. **Sumac and Thyme Salmon Burgers:** A handful of spring onion and radish microgreens top outstanding, hand-chopped salmon burgers that simply burst with herbal flavor.
2. **Mini Strawberry Chocolate Tart:** Sweet, anise and clove-like basil microgreens are a delightful summery pairing with strawberries atop these tasty sweet-savory tarts.
3. **Roasted Root Vegetable Fajitas (Vegan, Gluten-Free):** Take a lesson from these fall fajitas. Skip the slaw or shredded lettuce and top your next batch of tacos with microgreens instead.
4. **Parmesan and Ricotta Cheese Pizza:** Starting with a honey and whole wheat crust, each bite of this delicious pizza packs a ton of flavor. A sprinkle of peppery microgreens is the finishing touch, and means you can leave the shaker of red pepper flakes back in the spice cabinet.
5. **Pea Cakes With Country Sausage and Greek Yogurt Tzatziki:** A duo of peas is featured in this tempting recipe. First, shelled peas are smooshed into flavorful fritters, and then a sprinkle of their green shoots serves as a gorgeous garnish on top.
6. **Charred Rainbow Beet and Pistachio Salad:** Any microgreen you prefer will work well here, but we'd be tempted to go with something super colorful - like Swiss chard with its magenta stems and verdant leaves - to complement the rainbow-hued beets.

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

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

SATAY SPICE MIX & PEANUT SAUCE - Mild & Spicy

CABBAGE KIMCHI- ORIGINAL, VEGAN & WHITE, CUCUMBER KIMCHI - ORIGINAL (limited)

CHILLED GOLDEN GAZPACHO SOUP-local cantaloupe & yellow tomatoes & cucumber

CHILLED ROASTED GARLIC GAZPACHO SOUP with Local tomatoes & cucumber, red bell peppers

COCONUT CARROT CHICK PEA SOUP

CONFETTI RED CABBAGE WALNUT MANDARIN ORANGE SALAD Orange Balsamic

Vinaigrette

BLACK EYE PEA CHERRY TOMATOES SALAD local cherry tomatoes Chili Lime Vinaigrette

Argos Pet Supplies - Dog and cat food; Away from market this week (Aug 13)

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

Bethel Lane Farms - seasonal vegetables, spiced blends, and lavender; Our slicing tomatoes are in season as well as customer favorites such as okra, candy onions, and green beans. Fresh herbs and mints can be ordered each week, and our salt free spice blends and mixes feature no additives, no fillers, and no preservatives.

Bethel Ln Farms is a member of Ohio Proud and accepts USDA Farmer Market Nutrition Program (FMNP) coupons, OHIO WIC, EBT SNAP, and major credit cards

[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 specialties

[Deeper Roots Coffee](#) - coffee

[Finn Meadows Farm](#) - veggies, berries, flowers, herbs, meat; A cherry tomato bonanza this week!!

[Frieda's Desserts](#) - assortment of breads, scones, croissants, pretzels; sourdough rye crusted with sesame, poppy seeds and seasoning; NEW rustic pecan and raisin bread, with a crunchy crust and soft, mildly sweet center

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

Good Guy's Gardens - mustard green sprouts are here to top your salads, steaks, fish and favorite veggie dishes!

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; Summertime fruits for the Hearty Pies! Blueberry muffin and chocolate peanut-butter whoopie pies

[Pine Lane Soaps](#) - soap, shaving suds, lip balm, lotion, syrup; Open House/Farm Visit! Sunday, September 11th. Come visit our family farm and see our goats, cows and chickens! Family friendly event so all are welcome. Maybe a hayride if the weather is nice too! 5057 State Route 133, Batavia, Ohio 45103 Call 513-260-4352 with questions

[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: Transatlantic Roots Band

ROTATING VENDORS THIS WEEK: Tom's Garden; Brooch and Bangle

BUSINESS BOOTH OF THE WEEK: Hanimaya



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.