



Montgomery Farmers' Market

July 16th, 2016

Hello Montgomery Farmers' Market Friends,

We are in the midst of summer as evidenced by the hot and humid week we are having. Good news is that as we continue through summer, you can expect to find more and more goodies at the farmers' market. Melons are beginning to ripen, the sweet corn crop is bursting, and zucchini is coming out of people's ears. This week we are also fortunate to be bringing to market a new (old) vendor: **Cucina Della Patrizia**, maker of authentic Italian specialties. And we want to give a congratulations to one of our mainstay food truck vendors, **Bones Burgers**, who, later this summer, will be opening a brick and mortar version of their food truck right here in Montgomery!

This week's newsletter features an Arab dip that in recent years has surged here in America. We're talking about hummus and we're lucky to have a fantastic hummus vendor in Summuh Hummus.

Despite the fact that the exact known origin of hummus is unclear, we do know that the chickpeas, the main ingredient of hummus, were known to be cultivated in the ancient Mediterranean and the Middle East. Chickpeas have been around for human consumption for several thousands of years. The chickpea was consumed in ancient Palestine, and was one of the earliest crops in Mesopotamia, as well as a common food on the streets of ancient Rome. It is also known that the ancient Greek philosophers Plato and Socrates made reference to the nutritional value of hummus in their writings. Ancient recipes for

*In This Issue*

Featured Vendor

Kids Pea Hunt

Recipe of the Week

Vendor Offerings

Montgomery Farmers' Market  
Montgomery Elementary School  
Montgomery, Ohio 45242

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hummus have also been discovered.

Hummus is a useful food in vegan, vegetarian and non-vegetarian diets. When hummus is eaten with bread it serves as a complete protein, similar to other combinations of grains and legumes. Hummus is high in iron and vitamin C, and has beneficial amounts of both vitamin B6 and folate. It is also a good source of protein, fiber and potassium.

Nothing goes better with hummus than pita, so check below for a great pita recipe.

We can't wait to see you this Saturday!

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

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### *Featured Vendor - Summuh Artisan Hummus*

At Summuh Hummus, we are particular to our ingredients. We use regionally sourced Organic beans/ingredients as well as local fresh vegetables whenever possible to create our delicious take on a growing American favorite, hummus.

SUMMUH is committed to preparing a quality product through our ever growing relationships with Cincinnati's surrounding farmers, communities and locals.

Think of us as the BIZZARO world of hummus. We may not be what you're used to... But we do deliver a new look and taste to what you already know.



### *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

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 the NY Times)*

### Pita

#### INGREDIENTS

- 2 teaspoons active dry yeast
- 1/2 teaspoon sugar
- 35 grams whole-wheat flour (1/4 cup), preferably freshly milled
- 310 grams unbleached all-purposed flour (2 1/2 cups)
- 1 teaspoon kosher salt
- 2 tablespoons olive oil

#### PREPARATION

1. Make sponge: Put 1 cup lukewarm water in a large mixing bowl. Add yeast and sugar. Stir to dissolve. Add the whole-wheat flour and 1/4 cup all-purpose flour and whisk together. Put bowl in a warm (not hot) place, uncovered, until mixture is frothy and bubbling, about 15 minutes.
2. Add salt, olive oil and nearly all remaining all-purpose flour (reserve 1/2 cup). With a wooden spoon or a pair of chopsticks, stir until mixture forms a shaggy mass. Dust with a little reserved flour, then knead in bowl for 1 minute, incorporating any stray bits of dry dough.
3. Turn dough onto work surface. Knead lightly for 2 minutes, until smooth. Cover and let rest 10 minutes, then knead again for 2 minutes. Try not to add too much reserved flour; the dough should be soft and a bit moist. (At this point, dough may refrigerated in a large zippered plastic bag for several hours or overnight. Bring dough back to room temperature, knead into a ball and proceed with recipe.)
4. Clean the mixing bowl and put dough back in it. Cover bowl tightly with plastic wrap, then cover with a towel. Put bowl in a warm (not hot) place. Leave until dough has doubled in size, about 1 hour.
5. Heat oven to 475 degrees. On bottom shelf of oven, place a heavy-duty baking sheet, large cast-iron pan or ceramic baking tile. Punch down dough and divide into 8 pieces of equal size. Form each piece into a little ball. Place dough balls on work surface, cover with a damp towel and leave for 10 minutes.
6. Remove 1 ball (keeping others covered) and press into a flat disk with rolling pin.

Roll to a 6-inch circle, then to an 8-inch diameter, about 1/8 inch thick, dusting with flour if necessary. (The dough will shrink a bit while baking.)

7. Carefully lift the dough circle and place quickly on hot baking sheet. After 2 minutes the dough should be nicely puffed. Turn over with tongs or spatula and bake 1 minute more. The pita should be pale, with only a few brown speckles. Transfer warm pita to a napkin-lined basket and cover so bread stays soft. Repeat with the rest of the dough balls.

## *Vendor Market Offerings (This week's highlights in bold)*

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

New Batch: CABBAGE KIMCHI- ORIGINAL

CREAMY LOCAL ZUCCHINI WALNUT DILL SOUP

BLACK BEAN LOCAL CORN AVOCADO SALAD with Chipotle Honey Vinaigrette

ASIAN LOCAL KALE & RED CABBAGE ALMOND SALAD with Ginger Peanut

Honey Dressing

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 - Artisan cheeses, cutting boards

Cucina Della Patrizia - authentic handmade Italian specialties

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 - Fresh garlic, kohlrabi, okra, summer squash, tomatoes and fresh herb

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! We can look forward to Pies made from locally grown Blueberries, Blackberries, Wild Black Raspberries, and of course, Southern Peaches.

[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, 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

**FOOD TRUCK OF THE WEEK:** Bones Burgers

**MUSICIAN OF THE WEEK:** Jack Jepson

**ROTATING VENDORS THIS WEEK:** Tom's Garden Hot Sauces & Front Porch Jams



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

