



Montgomery Farmers' Market

July 23rd, 2016

Hello Montgomery Farmers' Market Friends,

Let's face it - it's HOT!! Hopefully everyone is spending time at the Montgomery Pool cooling off. This week's newsletter celebrates and even embraces "heat" by focusing on hot peppers, our featured vendor **Tom's Garden Hot Sauces**, and a recipe with some spice.

Most cultivated peppers - mild bells to hot jalapeños - are the fruits from different varieties of one plant species, *Capsicum annuum*. Closely related are *Capsicum frutescens*, from which Tabasco sauce is made, and *C. chinense*, the source of the scorchingly hot habanero or Scotch bonnet chile. Two other South American domesticated species are seldom seen in this country. In all, there are some 27 species of *Capsicum*, about half of which have been used by humans. All *Capsicum* species are members of the nightshade family, as are tobacco, tomatoes, potatoes, and eggplant.

Chile peppers are completely unrelated to black pepper, the small dried fruits of a vine called *Piper nigrum* that is native to the Asian tropics. Using the term 'pepper' for these pungent, fleshy fruits has been a source of confusion for over 500 years. They might more properly be called chiles, from the Aztec name for the pungent varieties, or capsicum, as the British refer to the mild forms. Whatever you call them, all these "peppers" originated in the New World. Since ancient times, chiles have been essential elements of both food and medicine among indigenous peoples from the American Southwest to South America.

In This Issue

Featured Vendor

Kids Pea Hunt

Recipe of the Week

Vendor Offerings

Montgomery Farmers' Market
Montgomery Elementary School
Montgomery, Ohio 45242

Montgomery Farmers' Market
Board

Although they first evolved south of Amazonia, chile seeds have been found in cultural deposits more than 9000 years old in the Tehuacan Valley, Mexico.

So now that you've been educated about hot peppers, come on down to the market to try a hot pepper or two.

We can't wait to see you this Saturday!

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

Featured Vendor - Tom's Garden Hot Sauces

Tom's Garden sprouted in 2010, although it first germinated 25 years ago. That's when Tom planted his first peppers using cayenne, jalapeno, Hungarian hot wax and one new variety - a habanero. He first used the new habaneros as party snacks daring friends to try at weekend get-togethers. This progressed into canning, which led to many amusing memories of experimenting with friends and family.

After an unimaginable amount of recipes, trials and errors did Tom finally develop his favorite concoction, Tom's Garden Man Sauce. Wary be to the uninitiated as Tom went seeking his final test...tears, sweat and screams of joy for his newly created sauce. Soon to follow was Tom's Garden Woman Sauce for the more sensitive taste buds and the neophytes not yet acquainted with capsaicin. Not as intimidating as Man Sauce, it offers an exciting flavor to the jalapeno-base pepper sauce. Tom's Garden dedication to flavor and taste and determination to use only the freshest peppers and highest quality ingredients drives his intensity toward his number one concern...customer satisfaction.



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

(courtesy of allrecipes.com)

Benny's Famous Jalapeno Poppers

INGREDIENTS

- 1 (4 ounce) package cream cheese, softened
- 4 ounces shredded Cheddar cheese
- 6 ounces fresh corn kernels
- salt and ground black pepper to taste
- 8 fresh jalapeno peppers, halved lengthwise and seeded
- 8 slices bacon, cut in half
- 16 toothpicks

PREPARATION

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Mix together the cream cheese, Cheddar cheese, corn, salt, and black pepper in a bowl.
3. Fill the jalapeno halves with the cream cheese mixture.
4. Wrap each stuffed pepper with bacon, securing it with a toothpick. Be sure the toothpick pokes through the bacon as well as the pepper.
5. Place the poppers face down on the grill over direct heat. Grill until bacon is crispy and brown, about 5 minutes; turn the poppers over and grill until bacon is crisp on other side, 5 more minutes.

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.

Outstanding 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, 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

FOOD TRUCK OF THE WEEK: Bones Burgers

MUSICIAN OF THE WEEK: Katie Pritchard

ROTATING VENDORS THIS WEEK: Our Hope Goods; Hen of the Woods; Cucina della Patrizia

BUSINESS BOOTH OF THE WEEK: Hanimaya

NOTE - Baudry Cream Puffs will be absent this week (July 23)



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.