



Montgomery Farmers' Market

July 23rd, 2016

Hello Montgomery Farmers' Market Friends,

This week's newsletter is devoted to the All-Star vegetable (or is it a fruit?) of the farmers' market season. That's right - tomatoes!

The classical vegetable/fruit story is the tetchy tale of the tomato. In 1886, importer John Nix and colleagues landed a load of West Indian tomatoes at the Port of New York where the resident customs official - one Edward Hedden - demanded payment of a ten percent tax in accordance with the Tariff Act of 1883, which levied an import duty on "foreign vegetables." Nix, who knew his botany, objected, on the grounds that the tomato - a fruit - should be tax-exempt. The case eventually made its way to the Supreme Court where, in 1893, Justice Horace Gray ruled in favor of vegetable.

"Botanically speaking," said Justice Gray, "tomatoes are the fruit of the vine, just as are cucumbers, squashes, beans and peas. But in the common language of the people...all these vegetables...are usually served at dinner in, with, or after the soup, fish, or meat, which constitute the principal part of the repast, and not, like fruits, generally as dessert."

And now you know something about tomatoes that you probably did not know before!

We can't wait to see you this Saturday!

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Montgomery Farmers' Market
Montgomery Elementary
School
Montgomery, Ohio 45242

Montgomery Farmers' Market
Board

Featured Vendor - Olde Garden Shack

Since our small beginning in 1974 raising cows, pigs and field corn, our family has grown and with it so has our farm. In 1980 we began raising sweet corn, cantaloupe, tomatoes, along with many other delicious fruits and vegetables. We pedaled the produce all over Cincinnati, Ohio. This is when our farm began to become a "self sustainable" farm. Our animals are fed from damaged and/or extra produce, and in return they fertilize our soil.

In 1985, we extended our season and planted our first flowers selling them along side our produce. Then, in 1989, we opened our first permanent retail location in the middle of a cornfield on Highway 46 in Batesville, Indiana.

Although we are always creating new wonders, the one thing that has stayed constant is our desire to become more sustainable and to provide our customers with the highest quality of fresh produce, bedding plants, perennials, designer baskets, and containers.



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

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)

Basil Tomato, and Mozzarella Sandwich

INGREDIENTS

- 1 (1 lb) loaf Italian bread
- 6 fresh basil leaves, chopped
- 2 tomatoes, sliced
- 4 oz fresh mozzarella cheese, sliced
- 1/8 teaspoon red pepper flakes
- 1/2 cup balsamic vinegar

PREPARATION

1. Slice the loaf of bread in half lengthwise. Layer the basil, tomato slices, and mozzarella cheese between the two halves of bread. Cut into four sandwiches.
2. In a small dish, stir together the balsamic vinegar and red pepper flakes. Use as a dipping sauce.

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 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

[Eddy Creamery](#) - shortbread cookies, cream puffs, eclair, 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 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, green beans, summer squash, fresh garlic, and fresh herbs - mint (orange, mojito, and spearmint), sage, thyme and rosemary

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: Transatlantic Roots Band

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

BUSINESS BOOTH OF THE WEEK: FitNext



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.