



Montgomery Farmers' Market

July 1st, 2016

Hello Montgomery Farmers' Market Friends,

It's July 4th weekend, one of our favorites. Why? Because July 4th means community. And in the City of Montgomery, this includes such great festivities as the Blue Ash - Montgomery Symphony performance on the evening of Sunday July 3rd followed by the July 4th parade on Monday and the after-parade celebration at Montgomery Park.

DID YOU KNOW that recently President Obama signed the National Bison Legacy Act, naming the American Bison the national mammal? For all you bald eagle lovers, don't worry. The bald eagle is still our national symbol.

This week's newsletter celebrates July 4th and our national mammal the bison. We hope to see you this Saturday as we'll be offering CORN, berries, squash, special July 4th desserts, such as Flag Pie, and - of course - bison meat!

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

Featured Vendor - Owl Creek Bison

Bison are majestic herd animals entrenched in nineteenth-century American history. Natives to this land thrived and relied upon bison (or buffalo) meat and

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

utilized the whole animal making products from buffalo hide, bones, horns, and fur. Hunted almost to extinction in the late 1800s, we are fortunate to have the opportunity to appreciate its sweet and tender meat today.

It wasn't until their recent popularization as the healthiest of red meats that most people were even aware of availability of bison meat. Although these animals once grazed on lush grass and vegetation of the plains and mountainsides, many modern producers are opting for a grain-based diet or finishing the animals on grain before processing.

But at Owl Creek Bison, our bison are grass fed and grass finished which takes more pasture and more time. Our meat is also dry aged in a temperature and humidity controlled locker (7-10 days) and then packaged. This also takes more time and expense than 'wet aging' where an animal is harvested then processed into individual vacuum bags ASAP. It is these additional processes that cost more and take more time but produce a better tasting meat. See for yourself. Stop by and see these majestic animals roaming the hillsides of southern Ohio.



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

Bison Meatballs

Ingredients:

- 1 lbs. Owl Creek Bison ground bison
- 1 slice white bread
- ¼ cup milk
- 1 egg, beaten
- 1 Tbs. yellow onion, minced
- 1 Tbs. green bell pepper, minced
- 1 clove garlic, minced
- 1 tsp. kosher salt
- ¼ tsp. black pepper, freshly ground
- Oil for cooking

Directions

1. In a small mixing bowl pour the ¼ cup milk over bread and let soak completely. Meanwhile, in a separate medium sized bowl combine the Owl Creek Bison ground bison with the onion, green bell pepper, garlic, salt, and black pepper. Once the bread is thoroughly soaked gently squeeze out any excess milk and add to bison mixture. Add the beaten egg and combine all thoroughly. Roll out mixture into balls pressing while rolling to ensure they do not split during cooking. We recommend rolling to a diameter of 1 inch.
2. Preheat oven to 400 degrees Fahrenheit. Heat a sauté pan or cast iron skillet over medium heat with ¼ inch of oil. Once pan is hot cook meatballs in small batches, turning as they begin to brown, 1 - 2 minutes per side, and continue browning on all sides. Once all sides are brown remove to a baking sheet and repeat process with remaining meatballs. After all meatballs have been browned finish cooking thoroughly in the oven for 4-5 minutes, or until little pink remains in center.

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 and peanut sauce, Malaysian

coconut jam, chilled coconut corn soup, curried cauliflower apple soup.

peanut jam, chilled coconut soup, curried cauliflower, apple soup,
Vietnamese chicken Napa rainbow salad with Sriracha lime vinaigrette, stir-fried
rice noodles with Shitake mushroom and cabbage

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; **NEW Aged
1-1/2 years Fontana cheese; Asiago infused with sun-dried tomatoes
and basil**

[Deeper Roots Coffee](#) - coffee

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

[Frieda's Desserts](#) - assortment of breads, scones, croissants, pretzels;
NEW 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 - **NEW Fresh garlic, kohlrabi, okra, summer squash,
tomatoes and fresh herbs**

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

[Mt Kofinas Olive Oil](#) - selection of olive oils;
**Our 250 ml and 500 ml extra virgin olive oil will be offered at 2 dollar
discount and the 5 liter can will be offered at \$55 while the initial price
is \$65 - reminder that you receive a dollar off your purchase for each
returned olive oil bottle!**

[Olde Garden Shack](#) - **NEW sweet corn and green beans!!**

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

Pies and Other Pleasures - pies, cinnamon rolls, quick breads; **4th of July Flag
Pies with cherries and home grown blueberries, this week only!**

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

[Rice Family Harvest](#) - **NEW blueberries!** Also, tomatoes, cherry tomatoes, squash, cucumbers, spinach, sweet onions.

Salatin's Orchard - **NEW 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: Harvest Cuisine

MUSICIAN OF THE WEEK: Transatlantic Roots Band

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 email montfarmersmkt@gmail.com.