



Montgomery Farmers' Market

June 18th, 2016

Hello Montgomery Farmers' Market Friends,

This week's newsletter is devoted to the production of a material that dates all the way back to 2800 BC in Babylon. A substance that keeps us squeaky clean and has significant ties to our Cincinnati area, as it spawned the formation of The Procter and Gamble Company. Care to guess what substance we're talking about? Yep - it's soap!!

Since the early days of the Montgomery Farmers' Market, Pine Lane Soaps has been offering their fantastic variety of scented soaps and shaving suds. At 2pm this Saturday, they will be opening their doors for their yearly open house, so plan on stopping by. Details can be found below in the featured vendor section.

This Saturday's market also marks the appearance of C'est Cheese as our food truck of the week, the classic rock/folk style of guitarist Megan Sulfsted, and a host of rotating vendors.

In honor of Father's Day, we picked out a Whiskey Glazed Flat Iron Steak and Grilled Potatoes as our Recipe of the Week.

We'll see you Saturday and HAPPY FATHER'S DAY TO ALL THE DADS!

Montgomery Farmers' Market Board

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Montgomery Farmers' Market
Montgomery Elementary School
Montgomery, Ohio 45242

Montgomery Farmers' Market
Board

Featured Vendor - Pine Lane Soaps

Pine Lane Soaps is a small family owned business dedicated to using all natural products for bath and body. We have registered Toggenburg and Saanen dairy goats and our children show them in 4-H. Our main product is goat's milk soap. Located in Southwestern Ohio, we work together as a family to create many varieties of goat's milk soap.

Our property in Clermont County was originally given to a Captain after his service in the Revolutionary War. Originally part of a 2,000 acres tract, our grandparents purchased the 88 acres in 1961. Our our grandfather began cultivating this land and began raising beef cattle. Several years later he bought a Jersey Cow and we were instantly hooked on fresh milk. Today the farm remains much the same as it did years ago, with the addition of a new goat yard. We still have descendants of the original beef herd, accompanied by hogs, chickens, geese, donkeys and a variety of cats and dogs.

Goat's milk is high in fat, which, combined with the other natural oils we use, makes a fabulous moisturizing soap. Commercial soaps have a water base and in the process, naturally occurring glycerin is removed and put into other products. In our soaps, made using the Cold Process method, the glycerin remains which is why goat's milk soap is so much more moisturizing than commercial soap or shower gel. All of our soap contains Shea Butter, which adds wonderful moisturizing and healing benefits to the soap. Our bars are 4 - 5 oz. each.

- All our soaps are made in small batches using milk from our own dairy goats. No pre-made bases. We use NO water in our soaps.
- We use only the highest quality oils and butters. Only natural and gentle ingredients. We use fair trade oils and butters when possible.

Pine Lane Soaps is having a Farm Visit/Open House on Saturday, June 18 from 2 - 5 PM. Pine Lane Soaps has been a vendor since the beginning of the Montgomery Market and makes all their soaps from milk from their own dairy goats. The farm is about 20 minutes east of Milford on Rt. 133, about 40 minutes from Montgomery. Take this opportunity to see the goats, cows, chickens, take a hayride and enjoy the farm. They will also have their soaps and other products available. All are welcome! Details: 5057 State Route 133, Batavia, Ohio 45103. Call 513-260-4352 for more information or directions.



Kids: Come hunt for peas!

Parents wish you had something a little extra to keep the kids entertained

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

Whisky Glazed Flat Iron Steak and Grilled Potatoes

(courtesy of Food Network Kitchens)

Ingredients:

- 1/2 cup whiskey, such as Jack Daniels
- 1 tablespoon brown sugar
- Kosher salt and freshly ground black pepper
- 1/4 cup olive oil
- 4 cloves garlic, smashed
- Four 8-ounce flat iron steaks or filet mignon steaks
- 1 1/2 pounds Yukon gold potatoes
- 2 tablespoons chopped fresh chives
- 1 teaspoon white wine vinegar

PREPARATION

1. Preheat a grill on medium-high heat. Whisk together the whiskey, brown sugar, 1 1/2 teaspoons salt and 1 teaspoon pepper until the sugar and salt are dissolved. Stir in 2 tablespoons of the oil and the garlic. Add the steaks, turn a few times to coat with the marinade and let stand at room temperature for 20 minutes.
2. Meanwhile, quarter each potato lengthwise to form wedges and put in a medium pot. Cover with cold water to cover by 1-inch and add salt until the water tastes like sea water. Bring to a boil over medium-high heat, reduce the heat to medium and simmer until tender (but not falling apart), about 15 minutes. Drain well. Toss with 1 tablespoon olive oil. Remove the steaks from the marinade and pat dry with paper towels. Pour the marinade into a small pot and bring to a boil. Boil for 2 to 3 minutes until slightly reduced, making sure the sugar does not burn, to make a glaze and sauce for the steak.

3. Grill the steaks until an internal temperature on an instant-read thermometer reads about 130 degrees F, 3 to 4 minutes per side, brushing with the boiled marinade several times in the last few minutes of grilling time. (If you are cooking the filet mignon steaks, you will need to increase this time to 8 to 10 minutes per side to account for the thicker cut). Transfer to a large plate to rest for 5 to 10 minutes. While the steaks grill, add the potatoes to the grill and grill until well-marked and crispy, turning to grill all sides, about 5 minutes total. Transfer the potato wedges to a bowl.
4. Toss the grilled potatoes with the remaining 1 tablespoon oil, chives, vinegar and salt and pepper to taste. Remove the garlic cloves from the remaining glaze and serve drizzled over the steaks with the potatoes on the side.

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 -

- New Batch: DAIKON KIMCHI-Original
- Chicken and Rice Lime Cilantro Soup
- Chilled Coconut Corn Soup

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 Limited Edition Aged 2 years Asiago cheese**

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 - produce

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

[Mt Kofinas Olive Oil](#) - selection of olive oils

[Olde Garden Shack](#) - flowers, veggies, melons, corn, hanging baskets; Be on the lookout soon for corn and green beans!

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

Pies and Other Pleasures - pies, cinnamon rolls, quick breads; **NEW Father's Day Pie is here, and this is the last weekend that strawberry rhubarb will be available!**

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

[Rice Family Harvest](#) - plants, fruits, berries, cider, fruit butter; **NEW zucchini, cucumbers and tomatoes**

Salatin's Orchard - fruit, veggies, herbs, cider; **NEW - summer squash and cherries-weather permitting**

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; **Fresh, never frozen chicken for your Father's Day dinner and St. Louis style ribs will be on sale for \$4.99a lbs**

[Wittmeyer White Oak Valley Farm](#) - veggies, summer squash pizza crusts, salsa, mustard, bread; sugar snap peas

FOOD TRUCK OF THE WEEK: C'est Cheese

MUSICIAN OF THE WEEK: Megan Sulfsted- classic rock/folk on acoustic guitar

ROTATING VENDORS THIS WEEK: Front Porch Jams, Ora Studio Pottery, and Tom's Garden Hot Sauces

BUSINESS BOOTH OF THE WEEK: Elements Massage

NOTE: Finn Meadows and Good Guy Microgreens will not be at market this week (June 18)

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.