



Montgomery Farmers' Market

June 25th, 2016

Hello Montgomery Farmers' Market Friends,

You can tell that Summer officially started this week by the new veggies and fruit that will show up on Saturday at Montgomery Farmers' Market. Slicing tomatoes and cherry tomatoes. Ohio blueberries. Indiana peaches. First-of-the-season okra. Green beans, if the deer don't get them. And maybe the first sweet corn, if the raccoons don't get them. So come early to get what's new, because it won't last long.

Deborah Madison, one of our favorite cookbook authors, offered this tip in her book, Local Flavors--Cooking And Eating From America's Farmers' Markets: "Take a feast-now approach when shopping. Unlike at the supermarket, the appearance of a particular fruit or vegetable is often short, and when something's gone, it's gone. When you find something you really like, ask how long it will be available. A favorite peach might be around for only two weeks, so buy accordingly and enjoy." Good advice.

The weather for Saturday looks like a perfect summer day, so we're sharing Deborah Madison's summer recipe for a tomato sandwich that features fresh mozzarella and a simple fresh herb vinaigrette dressing (good on salads, too).

And the weather will be perfect for a short, free fitness class by FITNEXT, of Montgomery--our Business of the Week.

*In This Issue*

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Montgomery Farmers' Market  
Montgomery Elementary School  
Montgomery, Ohio 45242

Montgomery Farmers' Market Board

We'll see you Saturday and don't forget your sunscreen.

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

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## *Featured Vendor - Good Guys Gardens*

At Montgomery Farmers' Market, we love to help new vendors get started. We think Kyle Geswein and Kevin Schmitz, our new microgreens vendors, are off to a great start.

What are microgreens?

Microgreens are vegetables and herbs at their first stage of growth, shortly after they sprout from their tiny seeds, and just before they grow their first set of "true leaves." That tiny plant is packed with nutrients and flavor. The sunflower greens taste nutty. The radish greens are a little sharp. The popcorn greens taste a little sweet and just like corn. The basil tastes just like basil.

All of their microgreens are grown with non-gmo seeds, organic soil, water, and sunlight. That's it.

Right now, the only place you can buy microgreens from Good Guys Gardens is at MFM. But we hope this is the start of big things for Kyle and Kevin.

## *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

### A Big Tomato Sandwich

(courtesy of Local Flavors, by Deborah Madison)

- 1 large (1-pound) loaf of ciabatta bread
  - Herb vinaigrette, below
  - 2 or more big, ripe, juicy tomatoes
  - 1 large yellow or red bell pepper, roasted, peeled, quartered
  - 4 ounces fresh mozzarella, goat, or other favorite cheese, sliced
  - Sea salt and freshly ground pepper
1. Slice the top third off the loaf of bread and set it aside. Pull out about one-third of the inside from the bottom of the loaf. (You can use it to make bread crumbs.)
  2. Paint the inside of the bread with some of the dressing, then make layers of sliced tomatoes, roasted pepper, and cheese. (You can add fresh greens or basil leaves, if you like.) Bathe each layer with the dressing and season with salt and pepper.
  3. Add the top, press down, then cut into quarters or sixths. This packs well if tightly wrapped.

### The Herb Vinaigrette

- 1/4 cup basil leaves
- 1 tablespoon chopped fresh marjoram (or oregano or basil)
- 1 tablespoon chopped fresh parsley
- 1 small garlic clove, minced
- 1/3 cup extra virgin olive oil
- 4 teaspoons aged red wine vinegar
- sea salt and ground pepper

Finely chop the herbs with the garlic; scrape into a canning jar. Add the olive oil, vinegar, and 1/4 teaspoon salt and a few grinds of black pepper. Cover and shake the jar. Taste and adjust the seasonings if needed.

### 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 -

- Napa Kimchi-Original, vegan and white
- Beef Rendang with aromatic sticky rice and cucumber
- Chilled fresh strawberry soup
- Rainbow kale salad
  
- Minty quinoa cucumber salad

- Family quinoa cucumber salad
- Noodles with snow peas and peanut sauce

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 - Summer squash, onions, kohlrabi, tomatoes, herbs; **NEW first of the season okra (limited amount)**

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

[Mt Kofinas Olive Oil](#) - selection of olive oils; **this week our chipotle olive oil will be at a 10% discount for all sizes**

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

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

Pies and Other Pleasures - pies, cinnamon rolls, quick breads

[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!** 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: Doug Desch

ROTATING VENDORS THIS WEEK: Tom's Garden Hot Sauces

BUSINESS BOOTH OF THE WEEK: FITNEXT, offering a free, short fitness class at the Market this week.



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](mailto:montfarmersmkt@gmail.com).