



Montgomery Farmers' Market

May 28, 2016

Hello Montgomery Farmers' Market Friends,

It's almost Memorial Day and there is no better place to purchase meats and veggies for grilling, as well as tasty deserts than the Montgomery Farmers' Market. Be sure to check out our recipe of the week below, chicken kabobs. We hope to see you this Saturday and that you have a safe, happy, restful holiday weekend!

Montgomery Farmers' Market Board

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Montgomery Farmers' Market  
Montgomery Elementary School  
Montgomery, Ohio 45242

Montgomery Farmers' Market Board

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### *Featured Vendor - Frieda's Desserts*

Frieda's Desserts is committed to creating beautiful desserts that taste as incredible as they look. Our products are made using the freshest and most flavorful ingredients the world market has to offer. Each little work of sweet art is designed by our fourth generation Certified Meister Pastry Chef, Armin Hack. As you savor the tastes of Frieda's, you can enjoy the handcrafted delights which represent four generations of hard work and dedication to the art of pastries.

Growing up in Dusseldorf, Armin lived in the home above the pastry shop his great-grandfather started in 1885. As the pastry shop was passed

down to his son and his son's son, the heritage and family recipes were also handed down. As a child, young Armin grew up in the bakery living and breathing the sights, tastes and touch of fine pastries.

Today, he is an accomplished pastry chef, having gained his Master Pastry Chef certification in Germany before coming to the United States. Chef Hack is pleased to share with Cincinnati his passion for pastries by offering the same quality and sweet attention to detail that has distinguished his family for four generations. Every Frieda's sweet is a little masterpiece - each an edible work of art.



### *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*

#### **CHICKEN KABOBS**

Ingredients:

- 4 skinless, boneless chicken breast halves - cubed
- 1 large green bell pepper, cut into 2 inch pieces
- 1 onion, cut into wedges
- 1 large red bell pepper, cut into 2 inch pieces

- 1 large red bell pepper, cut into 2 inch pieces
- 1 cup BBQ sauce
- skewers

## PREPARATION

1. Preheat grill for high heat.
2. Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.
3. Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.

## *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 - spices, sauce, noodles, kimchi
- Argos Pet Supplies - Dog and cat food
- Baudry Cream Puffs - shortbread cookies, cream puffs, eclairs, croissants
- Bethel Lane Farms - veggies, flowers, soup mixes
- Boba Cha - bubble tea
- Boone Creek Creamery - Artisan cheeses, cutting boards
- Deeper Roots Coffee - coffee
- Finn Meadows Farm - veggies, berries, flowers, herbs, meat
- Frieda's Desserts - **NEW Rye bread with fennel seeds**; bread, scones, croissants, pretzels
- 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
- Mt Kofinas Olive Oil - selection of olive oils; **NEW May 28th SPECIAL \$1 off for any size bottle of citrus olive oil**
- Olde Garden Shack - flowers, veggies, melons, corn, hanging baskets
- Owl Creek Bison - bison meat, garlic, cukes, chard, fruit, eggs, chicken
- Pies and Other Pleasures - pies, cinnamon rolls, quick breads; **NEW through July 4th Strawberry rhubarb pie**
- Pine Lane Soaps - soap, shaving suds, lip balm, lotion, syrup
- Rice Family Harvest - plants, fruits, berries, cider, fruit butter; **NEW cherry tomatoes, snap peas, asparagus**
- Salatin's Orchard - fruit, veggies, herbs, cider; **NEW lemongrass, watermelon radish, snow peas**

Street Pops (May 21, Jun 11, July 9, July 23, July 30) - Popsicles

Direct Pops (Fri, 21, Sat, 22, Sun, 23, Sat, 29, Sun, 30) - Popsicles

Summuh Hummus - variety of hummus flavors

TS Farms - eggs, meats, jam, syrup

Whittmeyer White Oak Farm - veggies, pizza crusts, salsa, mustard, bread

## Business Booth of the Week: The Growing Room



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).