



Montgomery Farmers' Market

October 1st, 2016

Apples, Pumpkins, Yay it's Fall!!

Technically, fall was last week but you might have missed it with the 80+ degree heat we experienced. This week, however, those cool, crisp fall nights invite us to snuggle under the blankets while the plethora of fall farm festivals welcome families for hayrides and pumpkin picking.

Sadly, the start of October also means it's our last month of our farmer's market season. We have lots of goodies from Harvest pies to gourds of all sorts to sunflowers to apples and honey!! We're always honored to have longstanding vendor Salatin's Orchards, as well as Rice Family Farms, around to offer up all types of apples and apple cider.

We can't wait to see you this Saturday! Remember, the Montgomery Farmers' Market operates RAIN or SHINE!

Marian, Brian, Kim, Russ, Andy and Stuart  
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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### ***A Match Made at the Montgomery Farmers' Market***

We know that the Montgomery Farmers' Market is a great forum for introducing our customers to their local farmers' and their great tasting,

fresh food, but who knew that would make for a love connection?

Congrats to Tony of Salatin's Orchard and Jess, a market customer, who are getting married this weekend!! To top it off, they purchased custom made soaps from Pine Lane Soaps and mini honey jars from Kartal's honey for their wedding guests as favors!



### *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*

## Fall Vegetable Soup

courtesy of Marcus Hazel (Cincinnati Cooks!)

Chef Marcus Hazel, from the Cincinnati Cooks! program at the Freestore Food Bank, walked around our Market, shopping for a fall vegetable soup. He picked up a sweet potato, a bunch of kale, a cucumber, a butternut squash, one ear of corn, a medium eggplant, a purple bell pepper, and one of our vendors gave him fresh herbs from her garden.

He peeled and diced ½ sweet potato (or a carrot or two), about 1/3 of the butternut squash and half of the eggplant. He cut the corn off the cob and saved the cob. He diced the kale and the pepper.

Into about 2 quarts of water, he put the peelings from the vegetables, plus the corncob and the cucumber in chunks, the diced bell pepper, ½ teaspoon Italian seasoning, and some fresh basil, mint and sage. He also added a teaspoon of dried Italian seasoning (or substitute oregano, thyme and basil), and he let it simmer 45 minutes to one hour.

He strained the broth and dropped in the diced veggies and corn, and 1 teaspoon salt and a grind of black pepper, and let them simmer about 30-45 minutes, while the broth cooked down a bit more.

He finished the soup with ½ ounce of Boursin cheese (or substitute about 1 tablespoon of sour cream and fresh herbs. Add salt and pepper to taste.

## *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, Cabbage Kimchi Original, Vegan & White, Cucumber Kimchi Original, Curried Butternut Squash Soup, Tortilla Soup, Carrot Ribbon Kale Rainbow Cashew Salad with Sesame Lemongrass Dressing, Spicy Sichuan Noodles  
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; Our slicing tomatoes are in season as well as customer favorites such as okra, candy onions, and green beans. Fresh herbs and mints can be ordered each week, and our salt free spice blends and mixes feature no additives, no fillers, and no preservatives. Bethel Ln Farms is a member of Ohio Proud and accepts USDA Farmer Market Nutrition Program (FMNP) coupons, OHIO WIC, EBT SNAP, and major credit cards

Boba Cha - Bubble tea (ABSENT SEPT 29)

Boone Creek Creamery - We're bringing out our Gruyere to market, along with Butterkase and Caerphilly in addition to our other market cheeses.

Cucina Della Patrizia - authentic handmade Italian specialities

Deeper Roots Coffee - coffee

Finn Meadows Farm - veggies, berries, flowers, herbs, meat; cherry tomatoes (ABSENT SEPT 29)

Frieda's Desserts - assortment of breads, scones, croissants, pretzels; sourdough rye crusted with sesame, poppy seeds and seasoning; NEW Carmelized onion foccacia

Front Porch Jams (1st and 3rd Saturdays) - jams and jellies

Good Guy's Gardens - mustard green sprouts are here to top your salads, steaks, fish and favorite veggie dishes!

Grandola Granola - granola

J&M Alpaca (Sept & Oct) - alpaca wool; socks, scarfs, wool yarn

Jessie's Garden - (ABSENT SEPT 29) colorful cherry tomatoes, okra, summer squash, and fresh herbs - mint (orange, mojito, and spearmint) as well as ground cherries!

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

Mt Kofinas Olive Oil - selection of olive oils

Olde Garden Shack - Pumpkins, gourds, and fresh cut flowers

Owl Creek Bison - bison meat, garlic, cukes, chard, eggs, chicken; garlic scapes

Pies and Other Pleasures - We are showcasing the **Autumn Harvest with freshly roasted pumpkin pies from the patch**. We will be baking up apple and Dutch apple pies from a variety of "just-picked" apples from the Villa and Doll orchards in Oldenburg. Be sure to try our Southern pecan pie made from Grandma's recipe box! Eat our pies fresh or store them in the freezer to have during the off-season.

Pine Lane Soaps - Soap, shaving suds, lip balm, lotion, syrup

Rice Family Harvest - Tomatoes, cherry tomatoes, squash, cucumbers,

spinach, sweet onions.

Salatin's Orchard - It's apple and apple cider season!! Need we say more?

[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

**MUSICIAN OF THE WEEK: TBD**

**FOOD VENDOR OF THE WEEK: Depot BBQ**

**BUSINESS OF THE WEEK: Ten Thousand Villages**



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).