



Montgomery Farmers' Market

September 17th, 2016

SPECIAL EVENT THIS SATURDAY!

Thanks to the very gracious financial sponsorship of local business [Cooks'Wares](#), this Saturday (9/17), our Montgomery Farmers' Market will host Cincinnati Cooks! and the Freestore Food Bank for a cooking demonstration. Chef Trainer Marcus Hazel and one of his students are planning to make a fried green tomato salad and a fall vegetable soup-on-the-fly (meaning he will walk around and buy some of this and some of that and show everyone how to make a delicious soup).

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



Featured Organization - Cincinnati Cooks!

What The Freestore Foodbank Is About:

One in six neighbors in the Tri-State area is at risk of hunger. We work year-round to help address the need. At the Freestore Foodbank, we see food as a vehicle for a larger conversation; it helps us to connect our

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Montgomery Farmers' Market
Montgomery Elementary School
Montgomery, Ohio 45242

Montgomery Farmers' Market Board

neighbors to programs and resources aimed at creating stability and self-reliance. One of these programs is Cincinnati COOKS! What is Cincinnati COOKS!?

Cincinnati COOKS! is a free culinary job training program. During the 10-week course, students learn the mechanics of a commercial kitchen, as well as professional and life skills to ensure success in the food service industry and in their personal lives. Course topics include: food safety, food inventory and storage, and basic nutrition and knife skills. Students work with donated and purchased food in the Rosenthal Community Kitchen,

As our Cincinnati COOKS! students learn valuable culinary skills, they are also making a difference in the lives of hungry children. Most of the snacks and meals prepared by Cincinnati COOKS! students are served at Kids Cafe, our after-school feeding program for school-age children. With the support of Cincinnati COOKS!, we are able to provide up to 3,500 Kids Cafe meals each week at more than a dozen school sites.



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

Kale, Apple, Avocado, and Bacon Salad

courtesy of allrecipes.com

INGREDIENTS

Salad

2 Granny Smith apples, thinly sliced

1/2 lemon, juiced

6 cups thinly sliced kale

4 slices cooked bacon, crumbled

1/2 avocado, thinly sliced

1/4 cup chopped almonds

Dressing

1/2 cup olive oil

1/4 cup apple cider vinegar

2 tablespoons maple syrup

2 teaspoons grainy mustard

1 teaspoon ground black pepper

1/2 teaspoon kosher salt

DIRECTIONS

1. Toss apples with lemon juice in a large bowl to coat. Add kale, bacon, avocado, and almonds; toss to mix.
2. Whisk olive oil, vinegar, maple syrup, mustard, pepper, and salt together in a bowl until smooth; drizzle over salad and toss to coat.

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 & PEANUT SAUCE - Mild & Spicy

CABBAGE KIMCHI- ORIGINAL, VEGAN & WHITE, CUCUMBER KIMCHI - ORIGINAL (limited)

CHILLED GOLDEN GAZPACHO SOUP-local cantaloupe & yellow tomatoes & cucumber

CHILLED ROASTED GARLIC GAZPACHO SOUP with Local tomatoes & cucumber, red bell peppers

COCONUT CARROT CHICK PEA SOUP

CONFETTI RED CABBAGE WALNUT MANDARIN ORANGE SALAD Orange Balsamic Vinaigrette

BLACK EYE PEA CHERRY TOMATOES SALAD local cherry tomatoes Chili

Lime Vinaigrette

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

[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 specialties

[Deeper Roots Coffee](#) - coffee

[Finn Meadows Farm](#) - veggies, berries, flowers, herbs, meat; cherry tomatoes (ABSENT SEPT 17)

[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! (ABSENT SEPT 17)

Grandola Granola - granola

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

Jessie's Garden - (ABSENT SEPT 17th) 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](#) - Sweet corn, green beans, and melons!!

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

scapes

Pies and Other Pleasures - Cinnamon rolls, quick breads; Summertime fruits for the Hearty Pies! Blueberry muffin and chocolate peanut-butter whoopie pies; NEW Rustic plum tart, lemon whoopie pies

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

[Rice Family Harvest](#) - Tomatoes, cherry tomatoes, squash, cucumbers, spinach, sweet onions.

Salatin's Orchard - Jersey Mac and Early Blaze apple varieties! Both are excellent for eating and work well in pies, sauces and other baked recipes. Try our Asian pears, which are crispy like an apple, with the mild sweetness of a pear

[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: Everlasting Monsoon

FOOD VENDOR OF THE WEEK: Harvest Cuisine



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.