



Montgomery Farmers' Market

October 15th, 2016

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The Yummy Goodness of Fall!

The leaves are falling and sadly we are approaching the end of our farmers' market season with just three more Saturdays to go. There are still so many goodies to be had at the market, including squash, croissants, pumpkin pies, apples, and artisan coffee.

This week's recipe below is my personal favorite of fall - Creamy Sweet Potato Rosemary Soup.... sooooo good!!

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

Montgomery Farmers' Market
Montgomery Elementary School
Montgomery, Ohio 45242

Montgomery Farmers' Market
Board

Ten Fun Facts About Pumpkins

(courtesy of Good Housekeeping)

1. The word "pumpkin" showed up for the first time in the fairy tale Cinderella. A French explorer in 1584 first called them "gros melons," which translates into Latin as "pepon," which means large melon. It wasn't until the 17th century that they were first referred to as pumpkins.

2. The original jack-o'-lanterns were made with turnips and potatoes by the Irish. In England, they used large beets and lit them with embers to ward off evil spirits. Irish immigrants brought their customs to America, but found that pumpkins were much easier to carve.

3. Over 1.5 billion pounds of pumpkin are produced each year in the United States. The top pumpkin-producing states are Illinois, Indiana, Ohio, Pennsylvania, and California. Pumpkins are also grown on every continent except Antarctica.

4. The world's largest pumpkin was more than five feet in diameter and weighed over 1,800 pounds. It was presented in Minnesota in October 2010.

5. The largest pumpkin pie ever baked weighed 2,020 pounds. Pumpkin pie originated in the colonies, just not as we know it today. Colonists would cut the tops of pumpkins off, remove the seeds, and fill the pumpkins with milk, spices, and honey, and bake them in hot ashes.

6. Each pumpkin has about 500 seeds. And they take between 90 and 120 days to grow. High in iron, they can be roasted to eat. The flowers that grow on pumpkin vines are also edible.

7. Delaware hosts an annual "Punkin Chunkin" championship. Teams compete in a pumpkin launching competition, where pumpkins are shot almost 5,000 feet from an air cannon.

8. There are over 45 different varieties of pumpkin. They range in color like red, yellow, and green, and have names like Hooligan, Cotton Candy, and Orange Smoothie.

9. Pumpkins are fruits. More specifically, they are a winter squash in the family Cucurbitaceae, which includes cucumbers and melons.

10. Pumpkins are 90% water. And that makes them low calorie. One cup of canned pumpkin only has 83 calories and only half a gram of fat. In comparison, the same serving size of sweet potato has triple the calories. They also have more fiber than kale, more potassium than bananas, and are full of heart-healthy magnesium and iron.



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

Creamy Sweet Potato Rosemary Soup

courtesy of Food Network, Giada De Laurentiis

Ingredients

3 tablespoons unsalted butter, at room temperature

3 tablespoons olive oil

3 large or 6 small shallots, thinly sliced

2 to 3 cloves garlic, minced

Kosher salt and freshly ground black pepper

Reason: salt and freshly ground black pepper.

2 pounds (about 2 to 3) sweet potatoes, peeled, trimmed and cut into 1/2-inch pieces

2 (6-inch long) stems fresh rosemary

6 cups low-sodium chicken broth

1/2 cup mascarpone cheese, at room temperature

3 tablespoons maple syrup

Directions

In an 8-quart stockpot, melt the butter and oil together over medium-high heat.

Add the shallots and garlic. Season with salt and pepper and cook until soft,

about 3 to 4 minutes. Add the sweet potatoes, rosemary and chicken broth.

Season with salt and pepper, to taste. Bring the mixture to a boil, reduce the

heat and simmer until the sweet potatoes are very tender, about 20 to 25

minutes. Turn off the heat and remove the rosemary stems. Using an immersion

blender, blend the mixture until smooth and thick. Whisk in the mascarpone

cheese and maple syrup until smooth. Season with salt and pepper, to taste.

Keep the soup warm over low heat until ready to serve.

Cook's Note: The soup can also be pureed by ladling, in batches, into a food

processor or blender and blended until smooth.

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

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

[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 - 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: TBD



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.