



Montgomery Farmers' Market

May 20, 2017

Montgomery Farmers' Market
Montgomery Elementary School
9609 Montgomery Rd.
Montgomery, Ohio 45242

Why Shop Early?

We had a false start with strawberries last week. But, the string of sunny days this week ripened the berries. So come early to the Market, and pick up some local strawberries--the kind that are red throughout the berry.



Why come early? When something is new to the Market, there's only a little of it, and it sells out quickly. This is something that experienced market shoppers know. The early bird gets the strawberries and the sugar snap peas, the asparagus, the rhubarb, and the first of whatever is just turning ripe in the fields. The best selection is when the Market opens. Think garage sale. Wait until late in the market and you won't have as much to choose from.



Also this week, you might find the first cherry tomatoes. They usually come before the beefsteak and salad tomatoes. The spring greens are beautiful. If you look around, you might find something fun to add to your salad, like small salad turnips

or radishes or spring green onions.

We're starting to see new varieties of produce coming in. Soon, we might have cabbage and broccoli. And in June, maybe more tomatoes, zucchini, and blueberries. Watch this space for the headlines...and shop early.

The Montgomery Farmers' Market Board
Kim, Stuart, Susan, Ted, Wanda, & Larry

Our vendors--some old, some new

We add one of regular vendors back to the Market this week. **Angie's Malaysian Satay and Sauces** returns after a successful, but exhausting, weekend at the Asian Food Festival, in Washington Park.

It looks like **Frederic Baudry** is returning next week, with his one-of-a-kind French-style cream puffs and eclairs, shortbread cookies, and croissants.

Also next week, a one-time pop-up by **Gadabout Donuts**. Don't miss it.

We're happy to welcome back a long-time favorite, **Summuh Hummus**.

Chef Ethan Snider says, "Think of us as the BIZZARO world of hummus. We may not be what you're used to... But we do deliver a new look and taste to what you already know."

Ethan uses organic beans-and local veggies and herbs to create his own twists on chickpea bean dip. And in case you didn't know, Ethan also opened a restaurant, called **Fond**. It's up Montgomery Road, just before I-275, behind the McDonald's. Again, local ingredients--some from the vendors at MFM--fixed in his own unique style. Open for breakfast and lunch.



We're glad to welcome a new vendor, **Like Mom's Only Vegan** cookies. They like to say their cookies bring you the comfort of Mom's baking, vegan style. That means no eggs or dairy, no animal-

derived oils, and no artificial sweeteners or harmful preservatives. But, you don't have to be vegan to enjoy their delicious cookies.

Their website says: "These are vegan? But they don't taste vegan..."

Last chance

This is your last chance this season to support the students from Montgomery Elementary School, who are selling lettuce and spring greens that they grow in the school garden. Stop by and say hi, and try their greens.

Kids: Come hunt for peas!

The Peas are back!

Penelope, Piper and Pru are there to keep your children entertained while you shop.

Here's how it works. Each week, we hide the three peas in booths around the Market. When your child has found all three peas, visit the Market Manager's booth, report where you found them, and she will reward your child with a Farmers Buck to spend at the Market! (Make sure the peas stay hidden for other kids to find!)

What We're Eating

Our 2017 Vendors:

Angie's Malaysian Satay & Sauces - spices, sauce, noodles, kimchi

Argos Pet Supplies - Dog and cat food, pet treats

Baudry The Cream Puff Revolution - Cream puffs, eclairs, shortbread cookies, croissants (begins May 27)

Bethel Lane Farms - Spring greens, spice mixes, baskets, lavender sachets

Crackling Crust - artisan sourdough breads, baguettes, pastries, croissants, muffins (begins in June)

Cucina Della Patrizia - homemade Italian specialties, including homemade pasta, ravioli, sauces, focaccia, olives, and more

Deeper Roots Coffee - A variety of locally-roasted coffee beans, including a blend called Bloom, with hints of orange, chocolate and floral notes

Fatty & Skinny Brand Sauces - Chef David and Liz Cook's unique flavors (about twice a month)

Finn Meadows Farm - Shares still available for this season's CSA! Featuring loose leaf and head lettuce, salad turnips, radishes, and pastured meat

Goddess Fine Foods - spice blends, salt and pepper spice blends

Goodlife Farm - vegetable and herb plants for your garden

Grandola Granola - homemade, nut-free granola

Jessie's Garden - kohlrabi, green onions, plants for your veggie garden

Kartal's Honey - Seasonal allergies are upon us! Introducing local honey into your diet can combat side effects from pollen

Like Mom's Only Vegan - homemade vegan cookies-- chocolate chip, black and white, peanut butter chip, and many others.

Montgomery Elementary School (last chance) - lettuce, greens grown by the students in the school garden

Mt Kofinas Olive Oil - selection of olive oils and vinegars

Olde Garden Shack - beautiful hanging flower arrangements

The Pickled Pig - It's grilling season! Grab some sauerkraut and pickled veggies to top your favorite summertime eats

Pies and Other Pleasures - fruit pies, plus chocolate Derby pie all month!

Pine Lane Soaps - goats milk soaps and lotions. Meet the goats on June 17th at our next open house, and all are

welcome

Probasco Urban Farm - locally-grown mushrooms
(begins in June)

Rice Family Harvest - Sugar snap peas, asparagus,
greens, and green onions have arrived. Be on the lookout
for strawberries--*maybe* this week

Salatin's Orchard - radishes, herbs and lettuces plus
herb and veggie plants

Summuh Hummus - Magnus Mustummus is upon us!
Blended with a house made mustard for a tasty tang!

TS Farms - grass-fed chicken, beef, pork. Summer CSA
still has availability! Inquire in person for details!

Wittmeyer White Oak Farm - veggies, squash pizza
crusts, salsa, mustard, zucchini bread

Food Truck of the week: Cooper's Crepes

Musician of the week: Megan Wren

Local Business: Rabenold McIntyre Insurance

Crafter: Trendy Jewelry

Friendly reminder: The Montgomery Farmers' Market Board reminds
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.

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