

**Montgomery
Farmers' Market**

July 8, 2017

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

***New Varieties Coming
To Market***

Just when we thought we had it all, the next wave of produce is starting to hit.



Last week, the early birds got the **tomatoes!** This week, we should have more tomatoes,



and some new varieties, including the big, juicy slicers. We will have more **sweet corn** than last week, including some bi-color corn. (It won't be long before the sugary white corn comes to Market.)



The long, **Asian eggplants** are ready.

The **green beans** are showing up. If you like

cabbage, the early heads of **cabbage** are sweet and crunchy. The big

bell peppers are starting to show up. And, it sounds like the local **peaches** are getting better and better.

If you're adventurous, try some of the **ground cherries**. They taste a little sweet and tropical, with a texture between a cherry tomato and a grape. You can put them in a salad or make some jam, try them in a salsa (with tomatillos?) or bake a dessert with them. That's the magic of farmers' markets! You get to try the things you can't find at the super market.

This week, you will also find **cukes** and **zukes**, **yellow squash**, **new potatoes**, **kale**, **Swiss chard**, **sweet onions**, **green onions**, and **kohlrabi**.

The weather forecast for Saturday morning looks *perfect!* **Sunny and 70s!!**
We hope to see you at the Market.

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

PS: **Gadabout Doughnuts** is back this week. Bring the kids!

BIG NEWS! MFM Accepts Credit Cards & SNAP/EBT

MFM can now accept **SNAP** benefits (formerly known as "food stamps"), and **credit cards**. We worked on this for nearly two years, meeting the federal and local requirements, purchasing the new technology, completing the training, and setting up new accounts. We are grateful to the City of Montgomery for their financial support and encouragement with this project. The City continues to be a strong supporter of MFM.



Here are the details.

MFM can accept the **Ohio Direction Card**, which is the payment for **SNAP** (Supplemental Nutrition Assistance Program). The method of transferring the benefits is called **EBT** (Electronic Benefits Transfer).

To use SNAP/EBT, come to the MFM Manager's Booth to swipe your card and convert your benefits into MFM Bucks (for use at our market only). These special MFM Bucks are accepted by our vendors to purchase meat, cheese, poultry, dairy products, bread, cereal, fruits, and vegetables. Also, seeds and plants which produce food for the household to eat can be purchased. These products must be packaged to be **consumed**

at home, not while walking around the Market.



As an added benefit, MFM has teamed up with **Produce Perks** (a non-profit), which will match the first **ten dollars** (\$10.00) of SNAP purchases for **fresh fruits and vegetables**. This allows SNAP customers to double their first \$10 in produce purchases.

One more added benefit is that the same system will allow you to use **credit cards** at MFM. Some of our vendors already accept credit cards. For the rest, come to the Manager's Booth. We will swipe your credit card for the amount you want (in \$10 increments). You will receive MFM Bucks to use at all vendors' booths. We pass along to you our \$1.00 processing fee.

We hope these new services will make MFM even more accessible to more people. If you know how we can spread the word to SNAP/EBT users, *please let us know.*

Make A Button

Maybe you have a little artist in the family. Maybe you're the artist. We have stickers with the MFM logo, blank stickers, lots of markers, and a *button machine*. For a \$1 donation, you can show your talent and support the Market. Stop by near the Manager's Booth



and *make a button!*

What We're Eating

Our 2017 Vendors:

Angie's Malaysian Satay & Sauces - Angie will be away this week

Argos Pet Supplies - Dog and cat food, pet treats

Baudry French Pastries - fruit tarts, shortbread cookies, croissants--butter, chocolate & almond

Bethel Lane Farms - tomatoes: slicing, grape and 4th of July; corn, cucumbers, zucchini, basil, cabbage, sweet onions, kale, garlic, spice blends, Lodi apples

Crackling Crust - cranberry & walnut, cinnamon-raisin, sunny whole wheat, dark rye, baguettes, peach or cherry danish, chocolate cookies, croissants, scones

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 from Central America, South America and Africa

Fatty & Skinny Brand Sauces - Chef David and Liz Cook's unique flavors - at the Market *this week*

Finn Meadows Farm - featuring pastured chicken and pork, tomatoes, carrots, new potatoes, Swiss chard, kohlrabi, baby leeks, bok choy, green onions

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

Grandola Granola - homemade, nut-free granola

Jessie's Garden - ground cherries, several varieties of summer squash, garlic, cherry tomatoes

Kartal's Honey - pure, local honey. Introducing local honey into your diet can combat side effects from pollen and allergies

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

Mt Kofinas Olive Oil - selection of olive oils and vinegars

Olde Garden Shack - sweet corn, green beans, cucumbers, zucchini, broccoli, cauliflower, kohlrabi, cut flowers

The Pickled Pig - pickles, sauerkraut, pickled beets & cauliflower, kimchi, kvass

Pies and Other Pleasures - fruit pies, cookies, hand pies

Pine Lane Soaps - goats milk soaps and lotions.

Probasco Urban Farm - locally-grown mushrooms (begins next week)

Rice Family Harvest - peaches, blueberries, red & green tomatoes, corn, sweet onions, Asian eggplant, bell peppers, cucumbers, garlic, cherry tomatoes

Salatin's Orchard - peaches, mini celery, large and small tomatoes, and Lodi apples--the first of the season

Summuh Hummus - varieties of homemade hummus you won't find in the store, including Magnus Mustummus blended with a house-made mustard

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

Wittmeyer White Oak Farm - cabbages, cucumbers, zucchini, squash pizza crusts--traditional and gluten-free, hot banana pepper mustard, zucchini cornbread

Food Truck of the week: Bistro de Mohr

Musician of the week: P's In A Pod

Crafters: RLM Woodworking, Hanamiya, Shoff Studios, Brooch & Bangle

Business: Edward Jones-Hathaway

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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