



Montgomery Farmers' Market
June 17, 2017

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

Rain & Hot Temperatures

The rain this week may have inconvenienced you. But, for our growers, this was a *good week!* The crops needed some rain. "It's been so hot and dry, so we're very thankful for the rain this week," according to Claire Luff (Finn Meadows).

The 90 degree temperatures are mostly a good thing, too. The corn is tall and almost ready, if the raccoons will leave it alone. The early tomatoes are getting ripe. The blueberries and peaches are early. But, some of the spring crops are feeling the heat and making their exit.

That means for this week, you can expect to see the first **blueberries**, **peaches**, and **black raspberries**. But, the "first" can also mean "just a little," so shop early. And, there still may be some **cherries**. (The cherry season is very short.)



You will also find early **carrots** and **green beans**, big **tomatoes** (red and yellow), **cucumbers**, **cherry tomatoes**, **summer squash**, **fennel bulbs**, and maybe the first **cabbage**. Also, **broccoli** and **cauliflower**, **garlic scapes**, **spring greens**, **head lettuce**, **kale** and **spinach**.



It's not too late to plant peppers and basil. Peppers and chiles love it hot. They're at the Market this week, too.

If you missed last week, Kate and Michelle, from Crackling Crust, brought beautiful loaves of sourdough bread, croissants and danish, and sold out by 10:30. They promise to bring even more this week.



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

PS: Pine Lane Soaps will hold a Farm Visit Day this Saturday, from 2-5pm, after the Market. Everyone is welcome to visit the farm, see the cows and chickens, and pet the young goats. It's free. The farm is located at 5057 State Rt. 133, in Batavia.



Make Father's Day Dinner from the Market

With this week's wide variety of produce, it won't be hard to assemble your Father's Day dinner from the vendors at MFM. Besides the fresh veggies and fruit, you can find chicken, pork and beef at the Market for Dad's special dish. Pick up some hummus and salsa, a special sauce, and a baguette to go with dinner. And then choose a pie, some French pastries, or an Italian fruit crostata for dessert.

To all the dads, happy Father's Day!

Mt. Kofinas Olive Oil--the Montgomery connection

You have been buying Mt. Kofinas olive oil at MFM for four years. But, do you know the whole story?

Evie Semertzides' family has been growing and harvesting olives for generations, in the village of Stavies, in the shadow of Mt. Kofinas, in Greece. After she married, Evie and John moved to the United States, and now live in Cincinnati.

Every time the family would visit back in Greece, they would carry large tins of the family's oil through Customs on the way back to Cincinnati. Over the years, they decided to import the family's oil, so other people could enjoy using it.



Now, they have a small storefront in Montgomery, in the Marketplace shopping center (across from Kroger). And, they sell at some farmers' markets around Cincinnati. The other Montgomery connection? Their oldest son, Nick, attended Montgomery Elementary School, where MFM is located!

When we say "Eat Local," this is it!

Kids: Come hunt for peas!

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 Tee's Kitchen - soups and salads to eat at the Market and to go, spices, sauce, kimchi

Argos Pet Supplies - dog and cat food, pet treats

Baudry French Pastry - seasonal fruit tarts & pastries, shortbread cookies, croissants

Bethel Lane Farms - basil plants, apple mint, all custom spice mixes are on sale, baskets, lavender sachets

Crackling Crust - artisan sourdough breads, including natural country, dark rye, cranberry walnut, Seeds 'n Sprouts, baguettes, croissants, danish, scones

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

Depot Barbecue - from the old Madeira train depot, the Benson's recipe for pulled pork and chicken, quiche, slaw, to eat at the Market or take home

Deeper Roots Coffee - a variety of locally-roasted coffee beans, including new arrivals and new blends for the summer

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

Finn Meadows Farm - Featuring pastured chicken and pork, head lettuce,

broccoli, Swiss chard, kohlrabi, carrots, summer squash/zucchini, bok choi

Goddess Fine Foods - spice blends, salt and pepper blends

Grandola Granola - homemade, nut-free granola

Jessie's Garden - summer squash, green onions, garlic scapes, pepper plants

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.

Mt Kofinas Olive Oil - selection of olive oils and vinegars

Olde Garden Shack - green beans, zucchini, lettuce, kohlrabi (maybe corn?)

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. This Saturday, meet the goats, chickens, cows at our next open house. It's free. 5057 State Rt. 133, in Batavia

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

Rice Family Harvest - blueberries, big tomatoes (red and yellow), cherry tomatoes, snow peas, zucchini, cucumbers, green onions, lettuce, spinach, kale

Salatin's Orchard - peaches, black raspberries, gooseberries, new potatoes, fennel

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, eggs, jams & jellies. Also breakfast sandwiches. Summer CSA still has availability! Inquire in person for details!

Wittmeyer White Oak Farm - summer squash pizza crusts, potted Thai hot pepper plants full of tiny hot peppers, salsa, mustard, zucchini bread

Food Truck of the week: Caveman Crepes

Musician of the week: Megan Wren

Crafters: Brooch and Bangle, Ora Studio Pottery

Business: Ten Thousand Villages

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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