



Montgomery Farmers' Market July 15, 2017

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

Peak of the season AND a time of promise

When you look at what's at the Market--the beautiful **tomatoes, sweet corn, green beans, new potatoes, cabbages, peaches, zukes and cukes**--it's hard to look ahead. But, our farmers' market is always changing. And, mid-July is a time of potential and optimism for our growers.

That's because the heirloom tomatoes--the yellows, purples, greens and deep reds--are still mostly green on the vines. The chile peppers are still growing and ripening. The **eggplant** and the **melons** are just starting to come in.



That's one reason we love markets! Not only can we load up with fresh, clean, local produce for the week, but there's always *something to look forward to* because the market is always changing.

New this week, at Cucina Della Patrizia are ***tramezzini***.

These are little sandwiches made with different seasonal and fresh ingredients sold to the local workers on the walkways of Venice--sort of *Italian street food*. It's a long tradition in Venice that still continues today, but you can try it this week at MFM.

And speaking of what's new, this week we welcome our first **mushroom** vendor and a new **maple syrup** vendor. More on these new vendors below.

Also this week, the City of Montgomery celebrates **Bastille Day** along with our French sister city, Neuilly-Plaisance. Some of our vendors will celebrate, like French pastry chef Frederic Baudry, who will bring extra **croissants and fruit tarts**.



Montgomery's celebration runs from noon to 11pm, with a kid's stage that includes magic tricks and juggling, and dance music into the night. Plan to come to the Market and then stop by the Bastille Day celebration, just a couple blocks away on Montgomery Rd.

<https://www.montgomeryohio.org/bastille-day-celebration/>

The weather forecast for Saturday morning looks *perfect again!*
Sunny and 70s!

We hope to see you at the Market.

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

PS: Permaganic Smoothies visits MFM for the first time!

Mushrooms and Maple Syrup

We're happy to welcome Alan Susarret and Probasco Urban Farm--our first weekly vendor growing and selling **mushrooms**. Alan grows mushrooms in a carefully-regulated environment on the edge of Camp Washington, in Cincinnati.



With his system, he doesn't have to use pesticides or chemicals. This week, Alan will have oyster mushrooms and chanterelles, but the list will change week-to-week.



For the next four weeks, **Thomas Ireland Smith Farm**, in Morrow, will bring **Southwest Ohio maple syrup**. The farm dates back to just after the Civil War.

In addition to sugar maples, they tap silver, black and red maples. Did you know it takes 50 gallons of sap to make one gallon of maple syrup?

They will also bring maple sugar, maple candy and flavored maple syrup. The farm is two years into the 3-year organic certification process.

MFM Accepts Credit Cards & SNAP/EBT

MFM can now accept **SNAP** benefits (formerly known as "food stamps"), and **credit cards**. Here are the details.



MFM accepts 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.

If you know how we can spread the word to SNAP/EBT users, please let us know.

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 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 the Market.

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 is back with Malaysian and international cuisine, kimchi, wholesome soups and salads

Argos Pet Supplies - Dog and cat food, pet treats

Baudry French Pastries - Bastille Day croissants--butter, chocolate & almond, fruit tarts, shortbread cookies, cinnamon rolls

Bethel Lane Farms - tomatoes, cabbage, corn, cucumbers, zucchini, basil, sweet onions, kale, garlic, spice blends, Lodi apples

Crackling Crust - cranberry & walnut, raisin & flax, sunny whole wheat, Seeds & Sprouts, baguettes, peach & cherry danish, cinnamon knots

Cucina Della Patrizia - *tramezzini* Venetian sandwiches, homemade pasta, ravioli, sauces, focaccia, olives, fruit jams 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, 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, okra

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 - *first melons*, sweet corn, green beans, cucumbers, zucchini, peppers, cut flowers

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

Pies and Other Pleasures - blackberry, blueberry, Southern peach, double crust apple with wild raspberries, cookies, hand pies

Pine Lane Soaps - goats milk soaps and lotions.

Probasco Urban Farm - locally-grown mushrooms including oyster and chanterelle

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

Salatin's Orchard - peaches, mini celery, large and small tomatoes, and Lodi apples

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

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

Thomas Ireland Smith Farm - maple syrup, maple sugar, maple candy, flavored maple syrups (until Aug. 5)

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

Food Truck of the week: Permaganic Smoothies

Musician of the week: Harvest Rovers

Crafters: Carly's Clayworks, Native State

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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