



Montgomery Farmers' Market July 29, 2017

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

The BEST Summer Lunch

When the tomatoes are sweet and juicy, and one thick slice will cover a piece of bread, it's time for the best summer lunch there is.

Some people drizzle a little olive oil on toasted bread. Others prefer a skim of mayo. Or just let the juice from the tomato soak into the bread.

A couple of leaves of fresh basil are good on the toast. If you want a little protein, maybe add a slice of your favorite cheese.



Then comes the main ingredient--**A THICK SLICE OF SWEET, JUICY TOMATO**, a sprinkle of salt, a

grind of black pepper or a sprinkle of red chile flakes-- and let the good times roll! You're ready for a treat!

This week you can find sweet, juicy tomatoes all over the Market. And, Crackling Crust is honoring the "summer tomato" with special hearth loaves made especially for your tomato sandwich: Jalapeno Cheddar, Olive & Oregano, and Garlic Sourdough! Try a drizzle of olive oil from Mt. Kofinas or a smear of hummus from Summuh Hummus.



Of course, you will find other treats of summer, like sweet corn, several kinds of melons, peaches, summer squash, cucumbers, new potatoes, green beans, maybe the first blackberries, and a lot more.

Saturday morning looks cool and sunny--perfect for picking tomatoes.

We hope to see you at the Market.

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

Our Farms

We thought you might like to see where your produce comes from, and what the fields look like in mid-summer at some of the farms.



Olde Garden Shack-Saturday's corn
Batesville



Rice Family Harvest, Oregonia



Wittmeyer White Oak Farm, Georgetown



Wittmeyer White Oak Farm, Georgetown

MFM Accepts Credit Cards & SNAP/EBT

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



To use SNAP, come to the MFM Manager's Booth to swipe your card and convert your benefits into MFM Bucks (for use at our market only).



PRODUCE PERKS

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.

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 - Malaysian and international cuisine, kimchi, wholesome soups and salads

Argos Pet Supplies - Dog and cat food, pet treats

Baudry French Pastries - 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, early Lodi apples

Crackling Crust - jalapeno cheddar, garlic sourdough, olive & oregano, cranberry & walnut, Seeds & Sprouts, challah, baguettes, peach danish, muffins

Cucina Della Patrizia - 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 *twice a month*

Finn Meadows Farm - tomatoes of all colors, pastured chicken and pork, beets, carrots, new potatoes, tomatillos, Swiss chard, greens, baby leeks, onions

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

Grandola Granola - homemade, nut-free granola

Jessie's Garden - microgreens, pea sprouts, 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.

Michael Ja' Marinade - marinade good on chicken, beef, fish and vegetables; also grilled portobello mushroom sandwiches for sale

Mt Kofinas Olive Oil - selection of olive oils and vinegars

Olde Garden Shack - sweet corn, melons, green beans, tomatoes, cucumbers, zucchini, peppers, cut flowers

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

Pies and Other Pleasures - blackberry, homegrown blueberry, Southern peach, double crust apple with wild black 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 - Sugar Cube cantaloupes, canary melons, peaches, tomatoes, corn, summer squash, sweet onions, eggplant, bell peppers, cucumbers

RLM Woodwork - cutting boards (every other week)

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

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 (through Aug. 5)

Wittmeyer White Oak Farm - cukes, zucchini, hot & sweet peppers, okra, squash pizza crusts, zucchini bread, squash spice cake, banana pepper mustard

Food Truck of the week: Bistro de Mohr

Musician of the week: Green Key Celtic

Crafters: Carly's Clayworks

Business: Pampered Chef

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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