



Montgomery Farmers'
Market

Sept 16, 2017

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

Lots Of Apples To Choose From This Week

We are happy to announce that the Market will continue through November and into December, with the help of Montgomery Presbyterian Church!



There's also a good variety of early, sweet hard squash. It's time to get out your favorite recipes. Or just keep it simple: cut them in half, scoop out the seeds, and roast them with a little salt and pepper, some butter or olive oil, and maybe a little maple syrup. The great tastes of

fall are here!



The pumpkins are here, too. You can find pie pumpkins and jack-o-lantern pumpkins. And the apples have arrived! Some of the varieties you'll find on Saturday are Honeycrisp, Jonathan, Gala, Macintosh and Fuji. Great for lunchboxes, eating out of your hand, and for pies!

The weather is clearing. Saturday should be sunny and warm--a good day for an early fall farmers' market.

We hope to see you there.

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

The "Honey Man"



Andy Kartal is the man at the market with the sweet smile. That's because he's been in the honey business for decades.

Andy started studying bees in college. That led to a long career with the Ohio Department of Agriculture as a bee inspector. (Did you know there are bee inspectors?)

These days, Andy manages dozens of local hives. And, he's one of the few people in our area that you can call if you have bees in your house.

If you have questions about how healthy the local bee population is, what's behind the death of so many bees around the country, or how to use local honey to relieve your allergies, stop by and chat with Andy. We're fortunate to have a real bee expert as our honey vendor.

MFM Accepts Credit Cards & SNAP/EBT

MFM now accepts **SNAP** benefits (formerly known as "food stamps"), and **credit cards**. Come to the Market Manager's booth to find out about both.



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.

The Peas Are Back

Let's re-introduce our three peas - Penelope, Piper, and Pru! These silly stuffed peas hide in the market every week. When your child has found all three peas, visit the Market Manager's booth, report where you found them, and Gabi will reward your child with a Farmers' Buck to spend at the Market! (Make sure the peas stay hidden for other kids to find!)



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 and shortbread cookies

Bethel Lane Farms - tomatoes, green beans, melons, onions, cucumbers, zucchini, peppers, spice blends, market baskets, spices.

Crackling Crust - cranberry walnut, Seeds and Sprouts, oat porridge bread with maple syrup, heritage whole wheat, challah, focaccia, fruit danish, croissants

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 *this week*

Finn Meadows Farm - heirloom tomatoes, potatoes, onions, tomatillos, and featuring pastured chicken, beef and pork

Goddess Fine Foods - spice blends, salt and pepper

spice blends, seafood spices

Grandola Granola - homemade, nut-free granola

Jessie's Garden - micro greens & sprouts: pea shoots, broccoli shoots, spicy mix & mild mix; okra; ground cherries

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 - pumpkins, mums, fall & winter squash, sweet corn, tomatoes, melons, green beans, cucumbers, zucchini, peppers, eggplant, flowers

The Pickled Pig - pickles, sauerkraut, pickled beets, curried cauliflower, kimchi, kvass, smoky dog bones

Pies and Other Pleasures - pumpkin, blackberry, peach, apple, cookies, hand pies, cinnamon rolls

Pine Lane Soaps - goats milk soaps and lotions.

Probasco Urban Farm - locally-grown mushrooms including oyster, honey and lion's mane

Rice Family Harvest - apples: Honeycrisp, Jonathan, Fuji, Macintosh, gala; cantaloupes, fall squash, potatoes, salad greens, tomatoes, peppers, zukes, corn

RLM Woodwork - cutting boards

Salatin's Orchard - apple cider, variety of apples, Concord grapes, fall squash, gourds and mini pumpkins, "broom corn," flowers

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

Thomas Ireland Smith Farm - maple syrup, maple sugar, maple candy, flavored maple syrups

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

Wittmeyer White Oak Farm - beans, zucchini, hot & sweet peppers, squash pizza crusts, zucchini bread,

banana pepper mustard

Food Truck of the week: Bistro de Mohr

Musician of the week:

Crafters: RLM Woodworks

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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