



Montgomery Farmers' Market

August 13, 2015

Dear friend,

August is an amazing time to visit a farmers' market, and here's why:

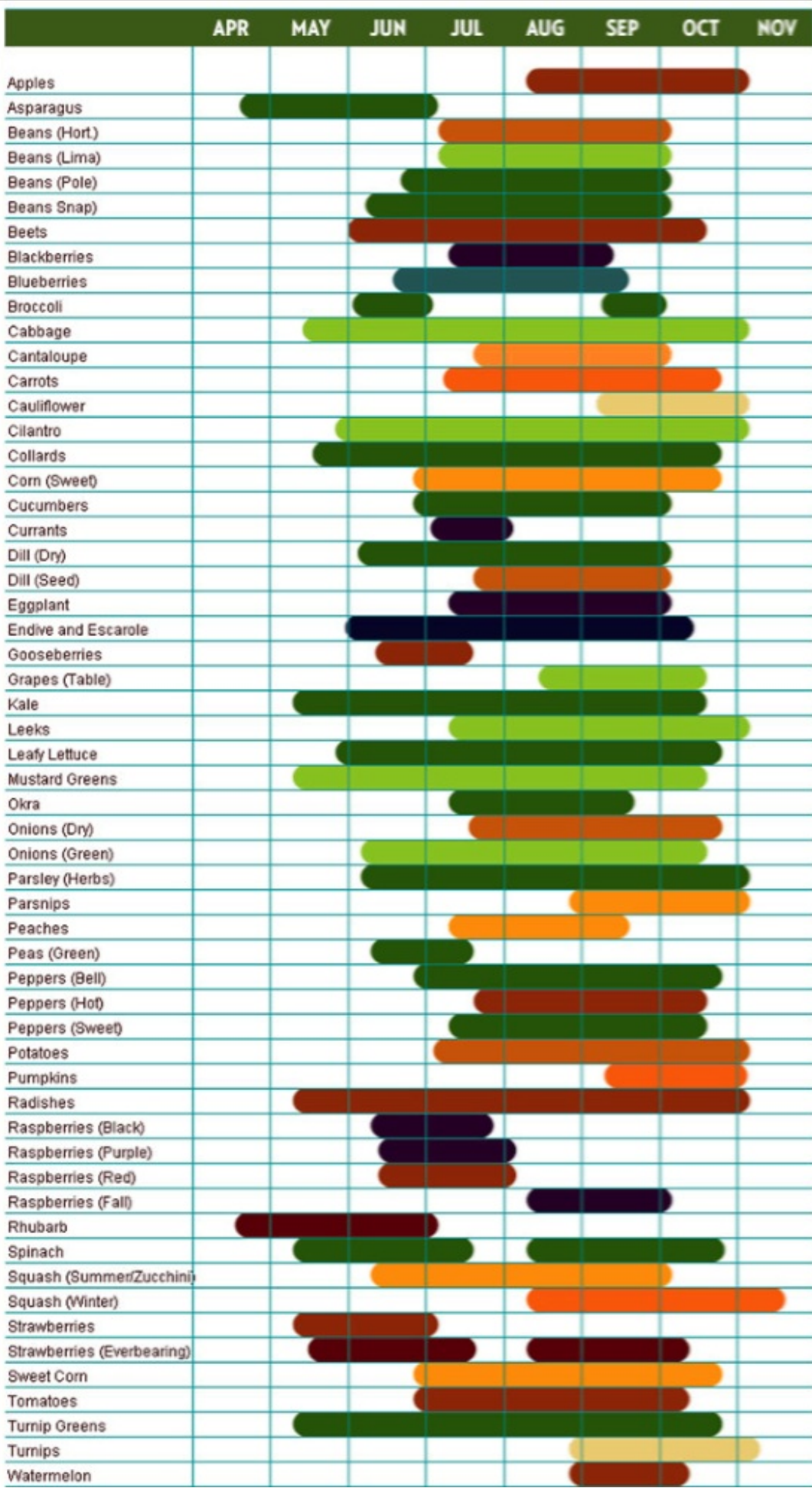
In This Issue

Citrus Roasted Beet Salad

What to Look Forward To

Montgomery Farmers' Market
Montgomery Elementary
School
Montgomery, Ohio 45242

Montgomery Farmers' Market
Board



So much delicious produce is available in Ohio right now! If you haven't been to the market recently, come by and see all the amazing goodies our farmers have been

working on all spring and summer.

Calling all **home chefs**: we need 3 amateur chefs to throw down in our second MFM Cooking Challenge! 1 hour, using only what you can find at the market (plus a few staples and a mystery ingredient). Prizes provided by Cookswares! It's happening September 19th. Drop us a note on at montfarmersmkt@gmail.com or on [facebook](#).

We would love to have you volunteer with us! Complete our [online volunteer form](#) or visit the manager's booth to sign up.

See you Saturday,

Montgomery Farmers' Market Board

Citrus Roasted Beet Salad

If you haven't tried beets since you were a kid, give them a second chance in this colorful salad from [For the Love of Food](#).

Ingredients

Salad

- 2 medium red beets
- 2 medium golden beets
- 1/4 red onion
- Olive oil
- 2 dementines
- 1/4 cup crumbled bleu cheese
- 1/4 cup pecans
- Greens of your choosing

Dressing

- 1/2 avocado
- 1/4 cup coconut cream (what rises to the top of the can)
- 3 tbsp lime juice
- 2 tbsp lemon juice
- 1 tbsp agave nectar
- Pinch of salt

Instructions

1. Roast your beets. Preheat the oven to 425 degrees. Trim off the beet greens (and save for another recipe) and the trailing root off the bottom. Wash thoroughly and place on large pieces of foil, one piece for the red and one piece for the golden beets to maintain their colors. Drizzle the beets with olive oil, wrap up the foil and roast in the oven on a baking sheet. Roast for at least 45 minutes for smaller beets and up to 75 minutes for larger dishes. You'll know they are done when you can easily pierce the beets with a fork. Roast the red onion in the same way, with olive oil and wrapped in foil.
2. When they beets are done, carefully open the foil packets and allow them to cool.

Once they are cool, use your hands to peel the beets. The skin should come off easily with just a few rubs. Yes, your hands might get a little stained. It'll be worth it. Cut the beets into wedges or slices as you prefer.

3. While the beets cook, prepare the rest of the salad ingredients and dressing. Slice up the roasted red onion. Peel and section your dementines.

4. Prepare the dressing using a mini food processor if you have one. Blend all the dressing ingredients and adjust the seasonings to your preference.

5. Put it all together! Layer two plates with greens, dementines, beets, bleu cheese, pecans, and the dressing.



What to Look Forward To

Every week the market will feature many of our regular vendors along with a selection of rotating vendors. Click on links to learn more about each vendor.

Our Regulars

Bethel Lane Farms

[Deeper Roots Coffee](#)

[Finn Meadows Farm](#)

[Frieda's Desserts](#)

Grandola Granola

Kartal's Honey

Mt Kofinas Olive Oil

Olde Garden Shack

Owl Creek Bison

Pies and Other Pleasures -

homegrown and wild berry pies and peach pies are ready!

Pine Lane Soaps

Puffins Euro-American Street Food

Rice Family Harvest

Salatin's Orchard

Summuh Hummus

That Foreign Chick's Bakery

TS Farms

Whittmeyer White Oak Farm

This Week's Rotating

Argos Pet Food

Franciska Issaka

Business: Blue Goose Marketing

Food Truck: TBD

Music: Stephen Kapor & Kelly Zens

Friendly reminder: The Montgomery Farmers' Market Board to take this opportunity to remind 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.