

Montgomery Farmers' Market
Saturday August 2nd; 9am - 12:30pm
Montgomery Elementary School
9609 Montgomery Road
RAIN OR SHINE



Dear Montgomery Farmers' Market Patrons:

Come to the market this week for eggplant, bison steaks, tomatoes, fresh greens, chemical free garlic, sweet corn, melons, and so much more! Grab an iced coffee, a fresh pastry, or maybe a fresh and hot waffle from this week's food truck. You can pick up ready-to-eat food to take home for lunch, and pie for dessert! And did I mention live bluegrass music? I dare your foot not to tap along!

Mark your calendar for these upcoming events!

August 19th: Free screening of the film "Unacceptable Levels" co-sponsored with the Environmental Advisory Commission. Terwilliger Lodge at Dulle Park, 7pm.

September 13th: MFM's Cook-off Challenge! Three local amateur chefs will square off in a challenge to cook a meal from just market ingredients! Sound like something you'd do? Email mariandickinson1@gmail.com to learn more!

September 20th: MFM's 2nd Annual Community Breakfast! Come hungry and enjoy complimentary "oatmeal sundaes" with Haute Chocolate.

Thank you for your support! See you Saturday!

Stuart, Marian, Christen, Brian, Martin, Kim, Armin, Marc, and Market Manager Ken

NOTE WORTHY EVENTS THIS WEEK:

CHILDREN'S ACTIVITY: Peas in a Pod

Our mascots are eager to play hide and seek again this season! Penny, Prudence, and Penelope will be hiding around the market each week. After you've spotted all three, come to the Market Manager's Booth and let us know where you found them for a prize!

ROTATING VENDORS:

Living Good Granola

Handcrafted granola from the Montgomery kitchen of Paula Livingston, made with gluten free oats, toasted coconut, pecans, pumpkin seeds, sunflower seeds, olive oil, and pure maple syrup. Wholesome and nutritious, it's great as a cereal, snack, on yogurt, and on ice cream. Living Good Granola - fuel for life!

Too Sweet Girls Cupcakes

Home baked cupcakes with no preservatives.

MUSICIAN OF THE WEEK:

P's in a Pod

"Classic Bluegrass Awesomeness" P's in a Pod plays hard-driving bluegrass by some of the legends like Flatt & Scruggs, Bill Monroe, and Jimmy Martin as well as a variety of country and Americana songs by artists such as Johnny Cash, Bob Dylan, and the Beatles in a bluegrass style, of course!

FOOD TRUCK OF THE WEEK: Marty's Waffles

CRAFTERS OF THE WEEK:

Franciska Issaka

Franciska shares her beautiful baskets, where the proceeds support the mission of CENSUDI. CENSUDI's focus is gender equality in Ghana. The organization works to give women and girls of Ghana access to resources and education.

Jewelry By Samantha

Unique, quality, handcrafted jewelry by local Jewelry Designer, Samantha Sturk. Jewelry is made from quality materials to include stone, glass, crystal and lead/nickel safe metal components.

Samantha's jewelry collection offers vintage inspired, wire wrapped and hand stamped pieces that are truly one of a kind. Custom orders always welcomed.

COMMUNITY/NONPROFIT OF THE WEEK: Kindervelt

BUSINESS BOOTH: <u>Montgomery Chamber of Commerce</u>, Carol L. Gorley, Executive Director

MED+ URGENT CARE has graciously offered patrons of the Montgomery Farmers' Market who are in need use of their restrooms. They are located two doors down from the market at 9549 Montgomery Road. If you do use their facilities, please THANK THEM for their hospitality and be sure to turn to Med Plus when you or a member of your family needs urgent care.

VENDOR NEWS:

<u>A Brown House Meats</u> - An Ohio farm family brings their pork sausage, hickory smoked bacon, and Dad's recipe for bratwurst to Montgomery. *This week's feature:* Stock up this week on your pork products! A Brown House will be absent from the market August 9 and 16 so fill your freezer and continue to enjoy ground pork for \$4/pound until we run out!

Bethel Lane Farms - Specialty and vintage produce, spices, and seasonings. All season long we have fresh kale, collards, and black beans. Fresh herbs can be ordered each Saturday including oregano, sage, thyme, six types of mint, and basil.

<u>Deeper Roots Coffee</u> - Locally roasted premium coffee beans. Fresh coffee by the cup and a variety of teas. Ask about our work for the development of coffee farmers around the world.

<u>Finn Meadows Farm</u> - Organic vegetables, flowers, eggs, pastured meats and homegrown herbs from Montgomery's only farm.

<u>Frieda's Desserts</u> - Breads: 9-grain, baguettes, cinnamon swirl, country butter, honey and whole wheat, Irish soda, sourdough miche, croissants, scones, cinnamon rolls, Bavarian pretzels, and apple strudel.

<u>Good Life Farm</u> - Fine produce all year from a family farm; bedding herbs and bedding vegetable starts; potted plants.

<u>Kartal's Honey</u> - Honey from Blue Ash bees.

<u>Limitless Possibilities Baking Co</u> - All gluten-free. Cookies: chocolate chip, oatmeal raisin, macadamia chip, chocolate almond; chocolate brownies, blondies, chocolate chipotle-raspberry brownies.

<u>Mt Kofina's Olive Oil</u> - Olive oil from a local family's land in Greece, finished and sold from their shop in Montgomery. Also infused and flavored olive oils and balsamic vinegar.

<u>Naturally Yours</u> - Organic baked goods: cookies, muffins, bars, and quick breads. Always at least one vegan product each week.

<u>Olde Garden Shack</u> - Seasonal fruits and vegetables, fresh herbs and cut flowers and designer hanging baskets; flowering annuals and perennials.

<u>Owl Creek Bison</u> - Grass-fed and grass-finished bisonmeat (buffalo) from a ranch in Chillicothe. Also 15 varieties of garlic and garlic scapes. *This week's features:* ground, stew, steaks, brats, short ribs, marrow bones, and liver. Three varieties of chemical free garlic.

<u>Pies and Other Pleasures</u> - Pies with local fruit (when possible) and nuts, turnovers, tarts, small fruit breads, cakes, cookies, cinnamon rolls.

<u>Pine Lane Soaps</u> - We have a wide selection of handmade Goat Milk Soaps. We use fresh milk from our dairy goats in Batavia to bring you the best moisturizing and gentle soup in the area. The soap has no detergents, preservatives or chemicals that dry your skin. Smells are free so stop by and sample! We also have a handwashing station, so you can see how great the soap feels. Also check out our lip balm and lotions. We are on the north end of the market, right next to Frieda's bakery!

<u>Puffins Euro-American Street Food</u> - Waffles, salty caramel tarts, cream puffs, rugelach, cannolis, and chicken stew. We will be featuring one gluten free specialty salad each week from our menu! All of our food can be taken to-go, reheats really well, and served for lunch or dinner.

Rice Family Harvest - Seasonal veggies, salad greens, strawberries, blueberries,

peaches, apples, melons, pumpkins, fresh-pressed apple cider, preserves, and cider syrup.

<u>Salatin's Orchard</u> - Seasonal fruits and vegetables, fresh cut flowers, apple butter and other apple products.

<u>Street Pops</u> - Frozen treats made from unique combinations of fresh ingredients and unexpected flavors; made with fresh fruit and herbs, using local and organic when possible.

<u>Summuh Hummus</u> - Artisan-made hummus from organic ingredients, local and fresh whenever possible, in new, creative flavors as well as traditional ones.

<u>TS Farms</u> - Naturally raised meats, including cuts of beef and pork, chicken, duck, rabbit, turkey, fresh eggs, pork sausage and sausage sandwiches, jams and jellies, and <u>My Artisano Foods</u> cheeses. New this season: selling hot sausage sandwiches! 10 different flavors served on locally baked buns and English muffins with Finn Meadows Farms' lettuce.

We're All Nuts - Selling raw and roasted Fair Trade and organic nuts and seeds.

<u>Wittmeyer White Oak Farm</u> - Farm vegetables, homemade mustard, summer squash pizza crusts, zucchini breads and cakes, jams and jellies. *This week's features:* We will be at the market this week with our summer squash pizza crusts-both traditional and gluten free varieties. Also, eggplant pizza crusts are back this week! We are harvesting cucumbers, zucchini/squash, sweet and hot peppers, eggplant, roma beans, provider beans, and finally some yummy tomatoes!

Montgomery Farmers' Market |
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