



Montgomery Farmers' Market

Saturday August 31st; 9 - 12:30pm

Montgomery Elementary School

9609 Montgomery Road

RAIN OR SHINE



Dear Montgomery Farmers' Market Patrons:

After months of planning, the "main event" is about to arrive. Come watch our first ever Iron Chef cooking competition unfold starting at 10am and root on our three potential Iron Chefs as they put their culinary chops to the test.

Apple season is in full swing, so come get them before they quickly disappear.

See you Saturday!!

Russ, Stuart, Marian, Christen, Brian, Armin, and Marc

NOTE WORTHY EVENTS THIS WEEK:

CHILDREN'S ACTIVITY:

This year MFM has some mascots - Penny, Prudence, and Penelope peas. Each week these three peas will be playing hide and seek at our market. Come to the Market



Prue, Piper, and Penny Pea

Manager's Booth and let us know where to find each of them for a prize reward!

THE IRON CHEF COMPETITION IS HERE!!

Yes, the outside temperature is HOT, but the temperature at the Montgomery Farmer's

Market is really going to heat up this Saturday! Join us from 10am-12pm for the Montgomery Farmer's Market's 1st ever Iron Chef cooking competition, sponsored by Cooks'Wares. The gauntlet has been thrown down as our three brave competitors, Evelyn Sten, Chris Moyer, and Dan Dentiner go head to head. These three individuals will showcase their culinary skills while battling each other and the clock in a quest to use the ingredients available at the farmer's market to whip up a fresh dish in one hour. Once time is called, our guest judges will score each dish for taste, presentation, and creativity, ultimately crowning one winner who will receive a \$100 gift certificate to Cooks'Wares. Over the course of the competition, you'll also get the chance to hear from some of our vendors who will reveal their tips tricks, and growing practices.

Cooks'Wares, located at The Shops at Harper's Point just down the road from us[11344 Montgomery Rd], specializes in cooking classes, cookware, knife sharpening services, and much more. Check out their webpage at: cookswaresonline.com

MUSICIAN OF THE WEEK: No music this week due to the Iron Chef competition

FOOD TRUCK OF THE WEEK: Bones Burgers

Beef burgers made from pastured grass fed cows, salmon burgers, and those tasty tasty sweet potato fries!!

We'll keep you hydrated!

The Montgomery Farmers' Market management is pleased to offer patrons free water during these hot days. A water jug will be placed at the market manager's booth. While paper cups will also be available, we'd really appreciate it if patrons could bring their own re-usable bottles to fill up from the jug.

In Need of a Bathroom break?

MED+ URGENT CARE has graciously offered patrons of the Montgomery Farmers' Market who are in need of a potty break to come on in. 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 PROFILE: My Artisano Foods

Inspired by flavors from around the world, My Artisano Foods has dedicated to make fresh healthy artisan food that people love. We believe that eating all natural food is the start to a healthy body and mind. This belief led us to create our authentic artisan recipes, and use the freshest local ingredients to craft products that bring

tastes from around the world, like our line fresh artisan cheeses and antipasto veggies.

<http://myartisanofoods.com/>

VENDOR NEWS (This week's features):

Barkz Biscuit Bakery - **This week**, Barkz Biscuit Bakery will have a great selection of delicious treats for your doggie friends. All of our treats are made with all natural human grade ingredients and are GLUTEN, CORN & SOY FREE! **No worries about recalled pet treats when you buy from our small, local business.** We will have 4 flavors of our 5 inch treats, Bacon & Cheddar Growlerz, Pooches PB Delightz, Muttz Mintz and Mongrels Meat and Potatoes. We will also have a good supply of our very popular Doggie Bagz, small chunks of the 4 flavors, that are perfect for smaller dogs or training treats. We will have Sweet Potato Chewz (a healthy alternative to rawhide) and Pooches Pill Pouches (to help your pup enjoy taking his pills). As always, we will have a basket full of samples so your best friend can try them out before you buy them. So stop by our booth and pick up a Barkerz Dozen, your dog will thank you.

Bethel Lane Farms - Seasonal veggies offered throughout the season. Check with us each week. **This week's features:** Lettuce, Kale, Tomatoes, Green Beans, Swiss chard, Collards, Jalapenos, and Pickle cukes. Place your fresh herbs orders each Saturday: oregano, sage, lemon & Greek thyme, mint, lemon & sweet basil, chives, and rosemary. Spices of the week: Bruschetta and Deep Sea Fish Blend. Bethel Lane Farms Cookbook "*Farmhouse Feasts in a Land Called Bethel*" on sale.

Deeper Roots Coffee - 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. Each week in July we will be releasing new coffee offerings. **This week** we will have a Brazil coffee tasting series. Thanks for your support!!

Finn Meadows Farm - **This week's features:** We will have potatoes, onions, garlic, bouquet flowers, greens, swiss chard, basil, green beans, as well as possibly corn and lettuce. Thanks for your support! - Marc & Claire.

Frieda's Desserts - Breads: 9-grain, baguettes, cinnamon swirl, country butter, honey and whole wheat, Irish soda, miche, almond, plain, and chocolate croissants, scones, cinnamon rolls, fruit pies, porcupine butter rolls.

Front Porch Jams - Jams and jellies; Homemade in small batches from homegrown and local fruit when possible. **This week's feature:** Sweet and spicy apple butter; Cinnamon apple preserves.

Good Life Farm - **This week's features:** Green beans, chard, cucumbers, eggplant, okra and fall squash. We will also have lettuce, greens & arugula.

Haute Chocolate **WE WILL BE ON VACATION THIS WEEK!** Montgomery's own chocolate boutique featuring "Lisa's brownies," peanut butter buckeyes, chocolate chip, and black and white cookies, and special seasonal treats. **This week's features:** Dark chocolate dipped bacon.

Kartal's Honey - Raw unfiltered Ohio Honey. Basswood Alfalfa and Tulip Poplar Mix with fruit blossom from orchards.

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!

Mt Kofina's Olive Oil - Olive oil from a local family's land in Greece, finished and sold from their shop in Montgomery. Also infused and flavored olive oils. Extra virgin cold press olive oil; Infused olive oil made from the same extra virgin first cold press (4 flavors: mediterranean, citrus, chipotle, and basil); Dipping spice blends (mediterranean and southern blends).

My Artisano Foods - Fresh handmade artisan cheeses. **This week's features:** Cheeses made with 2% cow milk (vegetarian) - Paisano cheese, Herbed paisano cheese with flavors of chipotle, oregano, cilantro. Mediterranean and mediterranean spread cheese, Nata. Cheese made with whole cow milk - Hand stretched cheese for Caprese salad.

Naturally Yours - Organic baked goods: cookies, muffins, bars, and quick breads. Always at least one vegan product each week. **This week's features:** Lemon coconut bars!

Olde Garden Shack - Fruits and vegetables, fresh cut flowers, and designer hanging baskets. Flowering annuals and perennials. **This week's features:** We will have hardy mums, more and more great melons, sweet corn, zucchini, squash, cucumber, broccoli, peppers, cabbage, eggplant, tomatoes, green beans, half runners, cut flowers and green onions.

Patrizia's Italian Kitchen - **This week** La Cucina della Patrizia will offer a La torta della nonna. This traditional italian dessert is made with Fresh Ricotta Cheese pine nuts and honey made by My Artisano Foods and Pine Nuts. If your grandmother is italian you know this dessert if not come and try it. Also The Grissini (crunchy bread sticks) will be available .

In addition to many other genuine italian foods there will be Le Pizzate di Patrizia, these are traditional little pizzas eaten as a

snack. Simple flavours of tomato mozzarella and basil, topped with a little pesto genovese. There will also be a more Tiramisu. (or (Pull me up) made of Savoirdi biscuits dipped in the espresso coffee of La Terza and layered with a freshly made mascarpone cheese made by MY ARTISANO CHEESES and then dusted with cacao powder, (chocolate). This product is made by Patrizia with her unique recipe in the kitchen of My Artisano Foods in collaboration with Eduardo. Fresh Mascarpone Cheese is an essential ingredient of this dessert. COME AND TASTE. it is 'eccezionale'

Ci vediamo al mercato Montgomery sabato mattina
Ciao Ciao Patrizia & Joseph

Pies and Other Pleasures - **This week's feature:** We will have homemade pies for your Labor Day Picnics. And for a LIMITED TIME, we will be featuring a yummy Concord Grape-Apple Pie!!

Pine Lane Soaps - We offer all natural goat milk soap & lotions made with goat milk fresh from our farm. There are lots of scents and options. The soap is an old-fashioned lye soap made using the "cold process", leaving a rich and moisturizing bar with natural glycerin. We also have lotion, lip balm, shea butter lotion bars & fresh maple syrup. **This week's features:** We now offer beer soaps. We have Oatmeal Stout and Raspberry Porter, both made from Oatmeal Stout Beer from our friends at Mt. Carmel Brewery. **Mark your calendar** now for our Open House and Barn on September 28th from 2-5 with a soap making demonstration at 3pm. Visit our farm in Batavia and meet our goats.

Rice Harvest Farm - Seasonal veggies, salad greens, strawberries, blueberries, peaches, apples, melons. **This week's features:** We will have a variety of apples to include: Ginger Gold Apples, Portlands, Pink Ladies, & Romes.

Salatin's Orchard - Fruits and vegetables, fresh cut flowers, apple butter and other apple products. **This week's features:** Red, yellow, and pink tomatoes; gourmet salad tomatoes, many varieties of apples, fall squash, and pears.

Streetpops - Frozen treats made from unique combinations of fresh ingredients and unexpected flavors; made with fresh fruit and herbs, using local and organic when possible. **This week's flavors:** chocomint, salted caramel, coconut, strawberry lime, blueberry lemon thyme, and pina colada banana.

Summuh Hummus - Artisan-made hummus from organic ingredients, local and fresh whenever possible, in new, creative flavors as well as traditional ones. Come see us at Greenmarket on Sunday August 4th at Ault Park.

Too Sweet Girls Cupcakes - WE ARE TAKING VACATION THIS WEEK. Home baked cupcakes with no preservatives. **This week's**

features: Chocolate, vanilla, banana, maple bacon and now "The Elvis" cupcake (banana with peanut butter buttercream) and gluten-free.

TS Farms - Organically raised beef, pork, chicken, lamb, goat, duck, rabbit and turkey in all cuts. Organically raised brown and blue chicken eggs, and duck eggs. Dip and bread mixes. Jam, jellies, marmalades and preserves. We have fresh, never frozen, chicken!

Wittmeyer White Oak Farm - Farm vegetables, homemade mustard, summer squash pizza crust! **This week's features:** We will have our yummy summer squash pizza crusts again this week, and we will have gluten-free summer squash pizza crusts made with rice flour. Our vegetables are starting to come on and we will have zucchini and squash, Orient express cucumbers, small cucumbers, sweet banana peppers, hot peppers, and a few eggplant. We will have beans this week--yellow romas, green romas and contenders. Also, stop by and try our hot banana pepper mustard--made with local honey and hot peppers grown on our farm.

Montgomery Farmers' Market |
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