



Montgomery Farmers' Market

August 6, 2015

Dear friend,

1. Every year 40% of the food supply in America is thrown away.
2. 14.3% of households in America are food insecure, which includes 15.8 million children.

[La Soupe](#) is a nonprofit restaurant in Cincinnati that is solving these two problems at the same time. This week Chef Suzy DeYoung will bring her soup to our market to share her talents and her mission. "With La Soupe I get to bridge the gap between my talent for crafting food and my passion for bringing food to our friends and neighbors who need it most." Check her out!

Last week we held our second annual Kids' Taste-A-Thon! Thank you to our vendors, volunteers, and all the kids who came out and tasted new things! Over 50 kids tried everything our vendors had to offer! This included pineapple jam, quail eggs, cherry tomatoes, olive oil, and cream puffs. Congratulations, super-tasters! We look forward to seeing you again next year.

Our friends from TS Farms are working to rebuild after losing their barn and chicken house to a fire. Their [gofundme](#) page has raised \$6,074 in the last 3 weeks! Thank you to all of our friends who have donated and shared their story! They still have a long ways to go, so keep them in your thoughts.



Tasting hand pies

In This Issue

Herbed Sweet Corn and
Tomato Salad

What to Look Forward To

Montgomery Farmers' Market
Montgomery Elementary
School
Montgomery, Ohio 45242

Montgomery Farmers' Market
Board

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

Herbed Sweet Corn and Tomato Salad

Sweet corn and tomatoes are ready! Come and get it! When you can't eat anymore off the cob, try this fresh salad from [the kitchen](#).

Ingredients

- 6 medium ears sweet corn, shucked
- 4 medium tomatoes
- Small handful of fresh mint leaves
- Small handful of fresh mixed herbs -- Italian parsley, basil, rosemary, sage
- 1 tbsp olive oil
- Salt and pepper, to taste
- 3 oz soft goat cheese, crumbled

Instructions

1. Bring a large pot of water to boil over medium-high heat, add the corn and boil for 5 minutes. Drain and let cool.
2. Chop the tomatoes into quarters and remove the juices and seeds. (Save for a future recipe, if you like). Chop the seeded tomatoes into a rough dice. Pat dry with a paper towel.
3. When the corn is cooled, slice the kernels off. Toss the corn and tomatoes together.
4. Finely mince the mint and herbs and toss with the vegetables and olive oil. Season to taste with salt and pepper, then top with the goat cheese. Toss gently and enjoy!



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

[Angie's Malaysian Satay & Sauces](#)

[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](#)

[Streetpops](#)

[Summuh Hummus](#)

[That Foreign Chick's Bakery](#)

[TS Farms](#)

[Whittmeyer White Oak Farm](#)

This Week's Rotating

Argos Pet Food

Franciska Issaka

Business: Everybody's Health

Food Truck: Bones Burgers

Music: Patrick Ewing



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.