



Montgomery Farmers' Market

Saturday June 29th; 9 - 12:30pm

Montgomery Elementary School

9609 Montgomery Road

RAIN OR SHINE



Dear Montgomery Farmers' Market Patrons:

Independence day is just around the corner so be sure to stock up on grillin' meats, bread, hummus, and a special Flag Day Pie that can only be found at the Montgomery Farmers' Market.

Remember to come out to the City of Montgomery July 4th parade, which is always one of the year's highlights, and show us some love as our float drives on by courtesy of Finn Meadows Farm. Thanks Marc and Claire!!

See you Saturday!!

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

Noteworthy 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



Prue, Piper, and Penny Pea

seek at our market. Come to the Market Manager's Booth and let us know where to find each of them for a prize reward!

MUSICIAN OF THE WEEK: Miriam Stenson - Irish Bluegrass

BUSINESS OF THE WEEK: HealthSource of

Montgomery

Dedicated to providing the highest quality of health care to our patients, families and community.

FOOD TRUCK OF THE WEEK: Bones Burgers

Breakfast sandwiches, grass fed juicy burgers, and gourmet grilled cheeses. And those AMAZING fries.... yum, yum!!

It's getting hot out there, so we'll keep you hydrated!

The Montgomery Farmers' Market management is pleased to offer patrons free water during these upcoming 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!

Mt Kofinas Olive Oil

Profile: Mt. Kofinas Olive Oil

Mt. Kofinas's all-natural, pure extra virgin olive oil begins with olives hand gathered at their peak for maximum flavor. The olives are cold pressed (not chemically extracted) soon after harvest to assure superior taste and low acidity. Any oil below 1% acidity level qualifies as "extra virgin," but Mt. Kofinas's Extra Virgin Olive Oil has an acidity level between .2% and .4%. This is another reason why Mt. Kofinas stands out as a premium quality olive oil.

The result is a healthy olive oil with a distinct natural green color and a distinct, full taste without the bitterness seen in lower quality olive oils.

We assure you that our olive oil is not diluted or mixed with any other oil, before being imported directly from the village of Stavies to the United States. It comes directly from our grandparents' groves, is pressed, and sent directly to our family in the United States. We guarantee our single source, so you can trust that it's a quality olive oil. We are proud to offer this quality product directly from our family's olive groves and are confident that you will enjoy the taste and richness as much as we do.

2013 SEASON VENDORS

Barkz Biscuit Bakery - All natural home baked dog treats. Gluten, corn, and soy free treats.

Bethel Lane Farms - Specialty and vintage produce including okra, Swiss chard, collard & mustard greens. Tomatoes, bell peppers, cabbage and a wide variety of veggies offered throughout the season. **This week's features:** Lettuce, kale & fresh/dried lavender, and heirloom tomato plants. Fresh herbs: Oregano and fennel. 8 varieties of mint and other herbs including chives, thyme (2), rosemary & dill available by pre-order each Saturday. Bethel Lane Farms Cookbook "Farmhouse Feasts in a Land Called Bethel" w/ denim book bag.

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. **This week's additions:** Ice coffee and Ice tea.

Finn Meadows Farm - Organic vegetables, flowers, eggs, and chickens. Pastured meats and homegrown herbs. **This week's features:** Kohlrabi, strawberries, fresh cut flowers, garlic scapes, cauliflower, and broccoli.

Freida'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:** Peach jam.

Haute Chocolate 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:** Delightful Italian Pizzelles.

Kartal's Honey - Honey from Blue Ash, OH

Good Life Farm - Our fresh produce will include 3 types of kale, collards, pac choi, lettuce, salad mix, asian greens, spinach swiss chard and radishes. As always all our products are grown naturally, chemical free and fresh from our farm. **This week's features:** Beets, green beans, beets, and sugar snap peas.

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, Guyana.

Naturally Yours - Organic baked goods: cookies, muffins, bars, and quick breads. Always at least one vegan product each week. **This week's features:** Lemon poppy seed bread and look for new bars.

Olde Garden Shack - Fruits and vegetables, fresh cut flowers, and designer hanging baskets. Flowering annuals and perennials. **This week's features:** squash and zucchini

Patrizia's Italian Kitchen: Homemade pasta, foccacia bread and small pizzas.

Pies and Other Pleasures -**This week's features:** Flag pies for Independence Day (available June 29 and July 6) made with cherries and homegrown blueberries with pie crust stars and stripes. And we'll still have our Georgia Peach pie too!!

Pine Lane Soaps - Goat's milk soap, puppy suds dog soap, lip balm, lotion bar, bath salts & scrubs, maple syrup, eggs & homemade candy. **This week's features:** Maple Syrup, in addition to all our great soaps.

Rice Harvest Farm - Seasonal veggies, salad greens, strawberries, blueberries, peaches, apples, melons. **This week's features:** Tomatoes and broccoli.

Salatin's Orchard - Fruits and vegetables, fresh cut flowers, apple butter and other apple products. **This week's features:** Peaches and gooseberries.

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. Congratulate Summuh Hummus on their 1 year anniversary!!!

TS Farms - Wide assortment of naturally raised meats, as well as eggs.

Too Sweet Girls Cupcakes - Several varieties of cupcakes each week, all free of preservatives. ***This week's flavors:*** Gluten free vanilla, chocolate, yellow, banana, pumpkin, and apple cinnamon.

Wittmeyer White Oak Farm -

Farm vegetables, homemade mustard, summer squash pizza crust!

This week's features: Zucchini, squash, orient express cucumber.

Montgomery Farmers' Market |
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<http://mongtomeryfarmersmarket.org>
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