



Montgomery Farmers' Market

Saturday June 8th; 9 - 12:30pm

Montgomery Elementary School

9609 Montgomery Road

RAIN OR SHINE



Dear Montgomery Farmers' Market Patrons:

The market season is beginning to heat up with fresh local strawberries, early sugar snap peas, kohlrabi, artisan cheese, bread, pastured meats, and a host of yummy baked goods. If you haven't been by to see us yet, what exactly are you waiting for?

See you Saturday!!

Stuart, Russ, Marian, Christen, Amin, and Marc

Noteworthy Events This Week



Prue, Piper, and Penny Pea

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

MUSICIAN OF THE WEEK: Judson Pollock

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!

OPEN HOUSE AT PINE LANE SOAPS / BARN

Join us on Saturday June 22 from 2 - 5 pm. Visit our goats, chicken, and cattle. Shop from the full selection of our soaps and watch a soapmaking demonstration at 3pm. KIDS WELCOME!! We are located at 5057 St Rt 133, Batavia, OH. For questions, call us at 513-260-4352.

LOCAL BUSINESS OF THE WEEK: Twin Lakes

COMMUNITY GROUP OF THE WEEK: Franciska Issaka of CENSUDI

CENSUDI's focus is gender equality. The organization works to give women and girls access to resources and education. They also work to eliminate traditional practices that are harmful to women. Franciska sells baskets made by women in Ghana, with proceeds going to back to Ghana to support the mission of CENSUDI.

Are you the Montgomery Farmers' Market IRON CHEF?

We are looking for three brave folks who would like to face off in a one pot dish cook-off. One Saturday this September, we will provide supplies for three market patrons to create one dish of their choosing. Each contestant will be provided \$25 worth of Farmer Bucks to shop the market for ingredients and create their own dish within 60 minutes. Once time is called, our guest judges will score each of the dishes and award a prize to our first ever MFM Iron Chef!

If you are interested in participating in this extremely fun event, please send an email to sperts321@yahoo.com

Rice Family Harvest

Profile: RICE FAMILY HARVEST

Rice Family Harvest is truly a labor of love: love for the land, love of farming, and love of fresh, quality produce. Situated on 36 beautiful acres in Oregonia, Ohio, this vintage orchard is being reborn to once again serve as the local provider of the freshest foods of each season. With their diverse selection of fruits and vegetables they work hard to be a favorite to all lovers of fresh, local produce. Doug, Nancy and their children work hard to provide just what you and your family crave through their 10 acres of vegetables and 20 acres of apple, peach and pear trees. Juicy sweet corn, plump sweet tomatoes and crunchy fresh-picked apples are waiting for you.

RECIPE: Baked Patty Pan Squash

This easy recipe courtesy of Rice Family Harvest for Roasted Patty Pan Squash with Shallots and Herbs is a great way to use any type of summer squash, and is a wonderful side dish for dinner parties. Try using rosemary or marjoram instead of the thyme for a different flavor.

Prep Time: 5 Minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients: ½ pound patty pan or other summer squash, cut into 1-inch chunks

- 1 shallot, sliced thin
- 1 teaspoon chopped fresh thyme
- 1 tablespoon olive oil
- Pinch of sea salt

Preparation:

Preheat oven to 400°

Toss squash, shallot, thyme, olive oil and salt together in a bowl. Spread onto a sheet pan. Bake 15 Minutes, until tender. Serve hot or room temperature.

Grilled Patty Pan Squash

2 medium patty pan squash (about 1.5 lbs), quartered, seeds removed if desired.

2-3 Tbs extra virgin olive oil

1 Tbs dried oregano

1 Tbs dried thyme

Salt and black pepper to taste

Preheat Grill to 450°F. Spread oil over all surfaces of squash. Then sprinkle with herbs, salt and pepper. Cook for 20-25 minutes, or until tender.

2013 SEASON VENDORS

Barkz Biscuit Bakery - All natural home baked dog 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, radishes, kale & heirloom tomato plants. Check out our brochure of Spice Blends, Mixes, and Gourmet Seasonings including our "No Salt Added, No Kidding," salt alternative. Fresh herbs: Lemon Thyme and Oregano. Tall bearded iris plants.

Bethel Lane Farms Cookbook "Farmhouse Feasts in a Land Called Bethel."

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.

Finn Meadows Farm - Organic vegetables, flowers, eggs, and chickens. Pastured meats and homegrown herbs. **This week's features:** Kohlrabi and STRAWBERRIES.

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.

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 feature:** Caramel chocolate dipped pretzel sticks.

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 and kohlrabi

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. **This week's features:** 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. THIS WEEK OFFERING \$1 OFF ANY \$10 OR MORE PURCHASE.

Naturally Yours - Organic baked goods: cookies, muffins, bars, and quick breads. Always at least one vegan product each week. **This week's features:** banana, morning glory, and zucchini breads, blueberry muffins, cowboy cookies, bahama bars and oatmeal raspberry bars.

Olde Garden Shack - Fruits and vegetables, fresh cut flowers, and designer hanging baskets. Flowering annuals and perennials. **This week's features:** flowers, designer mixed hanging baskets, potted annuals, fruit and veggie plants.

Pies and Other Pleasures -**This week's features:** Apple rhubarb and Georgia Peach Pie. Yum, yum!!

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:** Greens, onions, and maybe even cucumber, squash, and zucchini.

Salatin's Orchard - Fruits and vegetables, fresh cut flowers, apple butter and other apple products.

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.

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!

Montgomery Farmers' Market |
zanger@aol.com
<http://mongtomeryfarmersmarket.org>
Montgomery Elementary School
parking lot
9609 Montgomery Rd
Montgomery, OH 45242

