

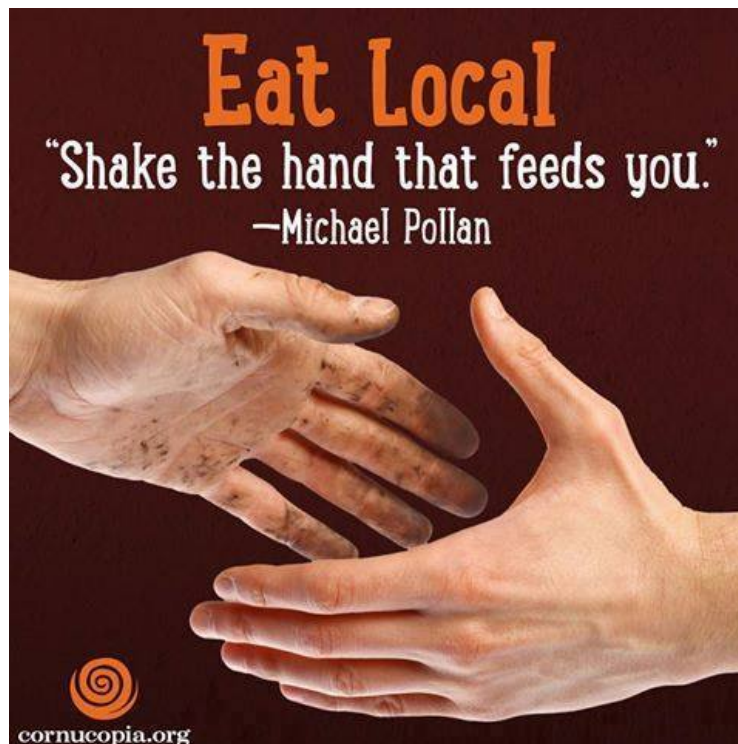
Only 4 market days left! Read a farmer's point of view.



## *Thank you!*

The MFM Farm to Table Dinner committee would like to thank our dinner guests, our vendors, Peterloon, Finn Meadows, and Chef Ethan Snider for making our first ever Farm to Table Dinner a smashing success! Check out our [facebook page](#) for photos of the event.

We only have 4 market days left! As we wind down, I want to share some remarks from one of our farmers from Finn Meadows farm.



"Farmers markets need you. Small farmers need you. Without you we wouldn't be here.

So if your family appreciates eating local, come out to the market every week during the season, rain or shine, cold or hot. It is during the

growing season that small family farmers make all their money for the year, and fall is the most abundant harvest. We know it's a busy time with festivals and kids back to school, and sometimes questionable weather. But now is the best harvest of the year with a mix of summer crops and cool weather crops too. Come out because you like our products and you want to see small family farmers succeed. Cook with whatever is available. Local food takes a community to succeed, which is part of what makes it so special and so great. Try to make farmers' markets part of your weekly routine, not just an event that you go to occasionally (thanks to those that have!). Every Saturday morning from May - October (or whatever it may be), commit to shopping at the market. Make it your weekly grocery shopping trip - we are here to bring fresh delicious foods to you and to see your smiling faces light up at our lovely products! ***That supermarket is going to be in business next year if you choose to shop elsewhere, but a small family farm might not be.*** Farmers really appreciate all your efforts to buy directly from them." (emphasis added)

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October 24th is Food Day! Folks are hosting events across the country to celebrate real food. One of our own board members is hosting her own Food Day event. [Check out what she's doing](#), and how you can join her!



### **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  
[Deeper Roots Coffee](#)  
Finn Meadows

Frieda's Desserts  
Grandola Granola  
Kartal's Honey  
La Soupe  
Mt Kofinas Olive Oil  
Olde Garden Shack  
Owl Creek Bison  
Pies and Other Pleasures  
Pine Lane Soaps  
Puffins Euro-American Street Food  
Rice Family Harvest  
Salatin's Orchard  
Summuh Hummus  
That Foreign Chick's Bakery  
TS Farms  
Whittmeyer White Oak Farm

### **This Week's Rotating**

Crafters:  
J&M Alpaca  
CENSUDI - Franciska Issaka

Business: FitNext

Food Truck: TBD (check facebook for updates)

Music: Russell Up Some Grub (great for kids!)



STAY CONNECTED:



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