



Montgomery Farmers' Market
Saturday September 7th; 9am - 12:30pm
Montgomery Elementary School
9609 Montgomery Road
RAIN OR SHINE



Dear Montgomery Farmers' Market Patrons:

If you missed the Iron Chef cooking competition last Saturday, we have two more great events this week you do not want to miss.

Executive Chef John (Johnny Lovin') Mock joins us to demo some great recipes you can make with ingredients available at market.

Additionally, we're making breakfast for the community. Come out and grab a fresh baked waffle on us. We'll have 500 waffles available to give away.

And of course, our farmers will have lots of great items this week from hummus to apples to tiramisu to squash pizza crust.

Thanks for your support! We'll see you Saturday!!

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

NOTE WORTHY 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!

COMMUNITY DAY THIS SATURDAY

This Saturday is Community Day at the Montgomery Farmer's Market. We're bringing in representatives from the City of Montgomery City Council to answer your questions. Best of all, as our gift to the community, we'll be cooking hot Belgium waffles for your enjoyment. Any donation in kind you can provide goes straight to charity. Note: We're making 500 waffles, so once they are gone, they ARE gone!

COOKING DEMO WITH EXECUTIVE CHEF JOHN MOCK

If you missed the Iron Chef cooking competition last week, now is your chance to see executive chef John Mock pull off a one man cooking extravaganza! John will be purchasing ingredients available this week at market and creating a dish right before your eyes.

John V. Mock is also known as Johnny Lovin', a local favorite for fund-raiser dinners (Kindervelt, Peasley Center, St. Xavier High School, Ursuline Academy, the Springer School, church festivals, etc.), "Dinner By The Bite" parties and gourmet entertaining. His signature blend of herbs and spices are used in a variety of award winning recipes, including his renowned Meat Lover's Chili...winner of the esteemed Cincinnati Chili Cook-off. In addition to a variety of blends and rubs, Johnny also creates many dip mix and sauce recipes with a strong passion for local, fresh ingredients. You can follow his famous Sunday morning breakfast posts every week on Facebook...search Johnny Lovin.

MUSICIAN OF THE WEEK: Blue Caboose

FOOD TRUCK OF THE WEEK: No food truck due to community waffle breakfast event

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!



THE IRON CHEF IS CROWNED!

Our first ever Iron Chef cooking competition was a huge success and we'd like to thank all three brave participants, Chris Moyer, Evelyn Sten, and Dan Dentniger, who cooked their hearts out, as well as our three judges who had the unenviable task of critiquing the dishes. A special congratulations to our first ever Iron Chef, Chris Moyer, who eeked out a victory over first runner up Evelyn Sten by just 1 point. We'd also like to thank the City of Montgomery whose grant helped provide funds for the event, as well as local business Cooks'Wares for sponsoring the event. Please show Cooks'Wares some love by visiting their store at Harper's Point just north of 275 and Montgomery Road. Tell them that the Montgomery Farmer's Market sent you!

The winning recipe is listed below for all to enjoy. The first runner up's recipe will be featured in this newsletter next week.

Lamb Ragu - 4 servings

- 1 lb. lamb stew meat (without a budget, I would leg of lamb)
- 1 medium zucchini
- 1 medium summer squash
- 4 medium/large tomatoes
- 3 tsp. Mediterranean seasoning (cumin, thyme, etc.)
- 2 cloves garlic, pressed
- 4 oz. feta, finely chopped (goat cheese would work here, too)
- 2 Tbsp. fresh rosemary, chopped
- 1 Tbsp. fresh thyme
- 2 Tbsp. fresh mint, chopped
- 4 porcupine breads (to carve out for serving)

Heat 1 tablespoon olive oil over medium heat. Slice the lamb into bite sized pieces and sear the lamb in a large skillet for about 8 minutes, adding 1 teaspoon of the seasoning packet. Remove lamb to a bowl, and pour off most of the juices. Chop the zucchini and squash into pieces about the same size as the lamb. Sauté the vegetables and 1 teaspoon of the seasoning packet over medium heat for about 8 minutes. Remove to the bowl with the lamb.

Peel and coarsely chop the tomatoes. Heat 1 tablespoon olive oil in the skillet. Add the tomatoes, garlic, about half of the fresh herbs, and 1 teaspoon of the seasoning packet. Sauté until the tomatoes are starting to soften and most of the moisture has cooked off, about 10 minutes. Remove entire mixture to a food processor. Meanwhile, return the lamb and vegetables to the skillet and reduce heat to medium low. Add half of the feta and stir the mixture until the cheese melts. Add additional seasoning to taste.

Using a bread knife, cut the top half off of each porcupine bread and hollow out all but a quarter inch of bread, to create bowls. Generously fill each bowl with the lamb mixture. Run the food processor for 10-12 seconds, until a coarse marinara forms. Spoon the marinara over the bread bowls. Top with

remaining cheese and fresh herbs. Serve hot, with a red wine from southern Italy.

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:** Concord Grapes, Lettuce, Kale, Tomatoes, Okra, Green Beans, Swiss chard, and Jalapenos. Chard, Collards, Okra, and Peppers can be ordered bagged and ready for cooking or freezing. Just ask Deborah. Place your fresh herbs orders each Saturday: Sweet and Lemon Basil, Rosemary, Sage, Lemon & Greek Thyme, Mint (6 varieties), and Chives. Spices of the week: Bruschetta and "Spice Up a Fowl Weather Day" Poultry 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 - 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's feature:** In addition to many other genuine italian foods there will be Le Lasagne con Carne (with Meat), There will also be more Tiramisu (for that fall Pick me up) made of Savoiardi biscuits dipped in the espresso coffee and layered with a freshly made mascarpone cheese made by MY ARTISANO CHEESES, 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, 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:** This week we will have Rustic plum tart pie and we're welcoming back our delicious Cherry 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.

Too Sweet Girls Cupcakes - 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 - **This week's features:** Beans are back! We

will have both green and yellow romano beans, provider beans and lima beans! 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. We're still harvesting tomatoes, white and purple eggplant and sweet peppers. Also, stop by and try our hot banana pepper mustard--made with local honey and hot peppers grown on our farm. It's a great addition to your football tailgating menu!

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

Copyright © 20XX. All Rights Reserved.