



Hello wonderful customers, volunteers and vendors! Who's ready for another market day?

We are **REQUIRING MASKS** per the CDC's newest guidance which states that both vaccinated and unvaccinated people must wear a mask when attending a crowded, outdoor event. As soon as we can relax this rule we will happily do so. But for now... masks up! Thank you for your cooperation and patience in keeping our vendors safe.



What's in season for May 8th?

Asparagus, green onions, spring greens, salad mix, spinach, kale, Swiss chard, Rainbow chard, living head lettuce (lasts 2 weeks!), grape tomatoes, spinach, lettuce, cilantro, radishes, beets, dried garlic from last season (still delicious), spring garlic, microgreens, pea shoots, basil, broccoli, oyster mushrooms, popping corn, herb plants, vegetable plants, tomato plants, hanging baskets, potted plants and even edible flowers!

Vendors will be bringing veggie and herb plants for your garden!



Fresh Greens & Goodies for Mother's Day

Mother's Day coincides with the arrival of beautiful spring greens, sugar peas, asparagus and early veggies at the Market. Hmm. What about a salad on Sunday? This week, we also have colorful hanging baskets, cut flower bouquets and an incredibly wide variety of sweets to choose among. Baudry and his French pastries will be back, there will be "pretty pies" at Pies & Other Pleasures, and North South Bakery will have blackberry cheese danish, coffee glazed chocolate babka and much much more!

This week we are bringing back the "3 peas" game and also live music with Dave Freeman, the One Man Jazz Band!

Thanks to everyone for a great Opening Day. The Market enjoyed over 800 customers, both Operation Give Back and the Montgomery Plant Swap were a great success, and the weather was just perfect!!





ROOTHOUSE AQUAPONICS

They sell more than fresh produce... they also have local, farm-raised **FISH!** Here are some basic facts about why their tilapia are such a healthy choice.

ROOTHOUSE TILAPIA...

- spend their lives in fresh flowing rainwater with balanced pH, ideal dissolved oxygen levels, and optimized water temperature.
- have clean and clear water, free from sediment and excrement.
- are fed 3-5 times a day on a strict schedule.
- are fed a science-driven diet of Non-GMO feed with No Terrestrial Animal Bi-Product (it is arguably the best feed available on the market).

-receive NO HORMONES OR ANTIBIOTICS, simply because they don't need them when they are treated with the highest integrity as described in the points above. The use of these chemicals and drugs is common and necessary with inadequate farming practices.

-undergo a Purge Process that allows their digestive tracts to flush which dramatically improves both texture and flavor of the meat. Fish are isolated in tanks in the greenhouse where they live for a couple days in fresh rainwater with no food. After this short period of time, they are ready for consumption.

-are [Certified Naturally Grown!](#)

Mother's Day Bundle: any 3 heads of lettuce, a pack of edible flowers and a mcrogreen for \$18.



Hey Kids, THE PEAS ARE BACK!

Piper, Penelope and Pru are back from their winter holiday and are hiding around the market. They will be in different locations each week! Locate all three and tell Adrienne, our Market Manager, where you found them to win a special prize!

(make sure to leave them in their hiding spots for other kids to find)



CENTRAL OHIO RIVER VALLEY

14TH ANNUAL
LOCAL FOOD GUIDE
2021-2022

resilience

EAT LOCAL, EAT SUSTAINABLY

GET YOUR FREE CORV GUIDE!

Pick up your copy of the CORV Guide at the Manager's Booth. It's FREE!! The CORV Guide has become the go-to source for information about local food, farmers' markets, CSA's, local wineries, meat producers, food artisans, and restaurants that specialize in local food. Plus, there are short articles that you won't find anyplace else and you will find out what "CORV" means!

FULL-TIME VENDORS

[Angie Tee's Kitchen](#): **(ABSENT THIS WEEK)** authentic Korean kimchi, power and buddha bowls, gourmet soups and salads, authentic Malaysian foods and pickled chili peppers.

[Baudry French Pastries](#): French pastries, shortbread cookies and croissants.

[Bethel Lane Farm](#): **(ABSENT THIS WEEK)** a wide variety of seasonal produce.

[Coffee Emporium](#): coffee beverages, coffee beans, iced tea, hot cocoa, lemonade, hot apple cider and baked goods.

[Grassroots Farm & Foods](#): 100% certified grass-fed beef and lamb, pastured pork, chicken and eggs, and prepared foods.

[HenABen Farm](#): mushrooms (oyster, shiitake, lion's mane) and a wide variety of seasonal produce.

[Ilan's Raw Chocolate](#): 70% cacao, organic, fair trade, keto-friendly, vegan, dark chocolate in 9 delicious flavors.

[Jacobs and Brichford Farmstead Cheese](#): a wide variety of award-winning farmstead cheese made from 100% grass-fed cow's milk.

[Jaybird Farms](#): cut flowers, fresh cut herbs, herb/flower/veggie plants, jams, jellies, honey, lavender lotion/sprays, winter wreaths and a wide variety of seasonal produce.

[Jessie's Garden](#): a wide variety of seasonal produce.

[Kelsey's Homegrown Vegetables](#): lettuce, kale, chard, broccoli, radishes, beets, peas, artichokes, tomatoes, cucumbers, carrots, squash, flowers, onions, peppers, microgreens, beans, eggplants and spinach.

[North South Bakery](#): sourdough bread loaves, baguettes and batards, boules, focaccia topped with local and seasonal herbs and veggies, brioche loaves, yeasted bread loaves like challah and English muffins and rolls plus much much more!

[Paktli Foods](#): snack bars made from ancient-grains, chocolate, fruit and nuts.

[Pies and Other Pleasures](#): fruit and nut pies, cinnamon rolls, cream pies, brownies and bars, hand-pie turnovers, cookies, whoopie pies, fruit breads, cakes, buttercream caramels, peanut brittle and fudge.

[Pine Lane Soap](#): goat's milk soaps, lotion, lip balms, bath accessories, feed sack tote bags, masks, farm themed pillows and eggs.

[Pure Honey](#): honey, beeswax, pollen and comb honey.

[Queen City Popcorn](#): Handcrafted popcorn made in small batches to maintain optimal freshness.

[Rice Family Harvest](#): a wide variety of seasonal produce.

[Roothouse Aquaponics](#): living head lettuce, herbs, microgreens, edible flowers, baby leaf salad mixes, vegetables and seasonal items like fresh hand-harvested Wisconsin cranberries and farmed tilapia.

[Russo's Ravioli](#): ravioli (3 cheese, meat, mushroom, ricotta or butternut squash), marinara sauce and lasagna.

[Salatin's Orchard](#): a wide variety of seasonal produce.

[Simply French Cuisine](#): salads, quiches and soups.

[streetpops](#): **(ABSENT THIS WEEK)** all-natural, gourmet popsicles.

[The Olde Garden Shack](#): flowers (annuals, perennials, cut flowers, potted plants and mums), and a wide variety of seasonal produce.

[TS Farm](#): grass-fed beef, lamb and goat, pasture-raised pork, chicken and eggs. Also, maple syrup, milk, goat's milk soap, jams and jellies.

[Wendigo Tea](#): ultra-premium traditional and herbal teas and teaware.

[White Oak Valley Farm](#): summer squash pizza crusts, zucchini bread, zucchini cornbread, zucchini muffins, carrot cakes, zucchini "zapple" pies, Campari tomatoes, cucumbers, green beans, peppers, limited vegetable starts for planting, hanging baskets, and tumbling tomatoes.

[Winning Edge Mobile Sharpening](#): precision mobile sharpening service for kitchen and gardening blades.

[Yum Yum Petz](#): all-natural, gluten-free and preservative-free pet treats and customized pet memory pillows.

[Zoftig Bakehouse](#): large bakery-style cookies (vegan and gluten-free options), granola, breakfast cakes and muffins.

PART-TIME VENDORS WITH US THIS WEEK

[Final Course Gourmet Desserts](#): assorted flavors of banana pudding and no-bake cheesecake, sweet potato pies and lemon pound cake.

[Glen Lovitt](#): State Farm Insurance from Montgomery.

[Juicing with Kiwi](#): 100% raw juices.

[Marx Hot Bagels](#): A Classic Kosher bagel shop that has been a favorite of

Cincinnatians since 1969.

[The Scentery](#): bath bombs, various home aromatics, beauty and home products and custom crafted garden items.

[Westwind Flower Farm](#): specialty cut flowers, bouquets, bunches and single stems, specializing in dahlia, sunflowers, anemone, ranunculus, tulips, daffodils, roses, peonies, zinnias, cosmos, poppies, snapdragons and many others.

[Viviano Wellness](#): herbal syrups, herbal tea blends, herbal treats for pets and herbal broth mixes.

PART-TIME VENDORS NOT WITH US THIS WEEK

[Always Canning](#): wide variety of jellies including strawberry, blackberry, cranberry, jalapeno pepper, golden cayenne pepper, habanero pepper, lavender, rosemary and apple butter.

[CinSoy](#): tofu, soy sauce, miso and more!

[DaVeed's Catering](#): ready-made meals such as za'atar chicken power bowl, organic meatloaf, Faroe Island salmon, crab cakes, and red wine short rib.

[Donna's Gourmet Cookies](#): classic and decorated sugar cookies, brownies and pecan pie bars.

[Dree's Designs](#): mobile painting parties for birthdays or girls/guys night out.

[Fetching Fibers Handwoven](#): shawls, scarves, handbags, art wall hangings and women's accessories.

[Fair Ridge Farms](#): kombucha from locally-grown ingredients.

[JuicyMelt](#): 7 varieties of hot sauce.

[Knack with Materials](#): tote bags, wine gift bags, masks, sunglass covers and jewelry.

[Live N Learn](#): providing information about summer educational hosting and travel programs for students from Spain.

[Montgomery Beautification and Tree Commission](#): donate or swap plants free of charge!

[Mosquito Hunters](#): providing information about their residential and commercial mosquito control and tick prevention services.

[Operation Give Back](#): collecting donations of school supplies and new toys.

[Ora Studio](#): unique handmade functional and decorative pottery.

[Senior Care Partners](#): your local senior housing advisor.

[Spice Spice Baby](#): custom blended spices and barbeque rubs and maybe salad dressings.

[The Dirt Diva RN \(candles\)](#): homemade, custom, soy candles.

[The Brooch & Bangle](#): handmade jewelry (necklaces, earrings, bangles, and brooches) using hand-worked sterling, copper and brass.

[The Lavender Sachet](#): shower steamers, lip balm and satin scrunchies.

[You to the Rescue](#): providing information about their second hand store which benefits animal shelters.

A friendly reminder to our dog-loving friends 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 (both 2- and 4-legged!) and vendors have a safe and enjoyable time at the Market. We appreciate your cooperation and support.

[DONATE](#)

Thank you for supporting Southwest Ohio farmers and food artisans!

The Montgomery Farmers' Market is working to create new growth for our local food economy by providing opportunities for our small farmers and food artisans. Join us as we increase access to local, healthy, sustainable food!

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As always, thank you for your support and we'll see you soon!

Connie Banning, Board Member and Farm Visit Coordinator

Larry Dannenberg, Board Member and Webmaster

Adrienne Davidson, Market Manager

John Devore, Board Member and Volunteer Coordinator

Jeff Gartner, Board Member and Bell Ringer Coordinator

Peggy Hinzman, Board Treasurer

Ted Reilly, Board Member

Jane Shea, Board Secretary

Stuart Zanger, Board President

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