

6/26/2021



We will be CLOSED next week on Saturday, July 3rd due to the Independence Day Parade.

This week we will add blueberries, sweet corn, slicer tomatoes, some melons, sweet corn and candy-sweet onions! Southern Grace Cincy Catering and Pies & Other Pleasures will be absent, but subbing in is Final Course Gourmet Desserts! Try some of their outstanding pudding or cheesecake cups (non-dairy available too).

Cauliflower looks great with broccoli on a crudité, but did you know there is so much more you can do with it? Read on to learn all of the things you can do with cauliflower!

Also, we're focusing on our four-footed friends this Saturday... consider fostering or adopting a kitten with Dee Dee's Feline Angels & Friends, or learn more about our local, second-hand store, You To The Rescue.

As always, we are open every Saturday from May through October, 9am-12:30pm. We are located in the Montgomery Elementary School parking lot at 9609 Montgomery Road, Cincinnati, OH 45242. Come join in the fun!

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## **The Versatile Cauliflower**

The origin of the cauliflower dates back several hundreds of years to the island of Cyprus in the Middle East. A descendant from wild cabbage, it is actually a flower and

it's name translates to "cabbage flower". By the 18th century, this understated, cruciferous vegetable had become popular almost everywhere.

Cauliflower has a very mild, crisp flavor which makes it incredibly versatile. It stands up well to strong seasoning, so it can be used as a meat substitute by vegetarians and vegans. You can roast an entire head of cauliflower in the oven (just as you would a whole turkey), or it can be thickly sliced to sub for steak, or you can even use the florets to sub for chicken wings. Great options for anyone watching their calories!

It has a firm texture so can also be 'riced' by pulsing it in a food processor. Riced cauliflower can be used as a grain-free addition to any meal as a substitute for rice, pasta or potatoes. It can also be used in pizza crusts as a gluten-free substitute for flour.

Pureed cauliflower is attained through steaming or boiling the florets and then pureeing them in a food processor. It can then be made into dips or sauces and with it's mild flavor, can be seasoned up nicely to substitute for any flavor, but "cheesy" sauces in particular.

Cauliflower adds volume and nutrition to any dish, so pick up one of these unassuming vegetables (technically a flower) at this Saturday's market. Visit Tony and his family at HenABen Farm (next to the musician's tent)!

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## What's in season for June 26th?

Blueberries, sweet corn, slicer tomatoes, some melons, new potatoes, candy-sweet onions, cherry tomatoes, gooseberries, broccoli, cauliflower, green beans, carrots, pickles, garlic scapes, cucumbers, pickling cucumbers, zucchini, kohlrabi, patty pan squash, lots of lettuce, spring greens, salad mix, cut baby greens, spinach, kale, romaine, Swiss chard, living head lettuce (lasts 2 weeks), microgreens, grape tomatoes, radishes, zucchini, beets, green onions, dried garlic from last season (still delicious), dehydrated ramps, spring onions, bunch onions, leeks, snap peas, yellow squash, oyster mushrooms, fresh popping corn, basil, fresh cut herbs, herb plants, edible flowers, pansy/sweet pea mini bouquets, and an assortment of hanging baskets and potted plants.



## Final Course Gourmet Desserts

Wonderful blends of unique flavors combined into decadent smooth creamy banana pudding and no-bake cheesecake cups. Our new vegan and non-dairy cups are made with the finest ingredients including non-dairy vegan cream cheese, fresh fruit and a blend of natural oats, brown rice, quinoa, cane sugar and other natural spices.



## Vendor Highlight: HenABen Farm

Tony and his family are well known for being our mushroom vendors, but did you know that they also have a wide variety of vegetables? Their small family farm is growing more and more diverse with the passage of every season. Right now you can enjoy their oyster mushrooms, fresh popping corn, zucchini, squash and cauliflower. But before you know it, you will be seeing shiitake mushrooms; red, white and yellow potatoes; tomatoes; cantaloupe, galia and canary melons; onions; cucumbers and peppers. Once fall arrives you'll get to enjoy their pumpkins and many decorative gourds too!

The name HenABen is a blend of their three children's names: Henry, Annalise and Benjamin. Located in Batesville, Indiana, Tony told me that "the whole reason they are farming is because they needed to make a change in life." They were a two income family and were too busy with kids and school to feel like they were living and enjoying life. Tony has said that his family dynamic has improved dramatically now that some of the pressures around "who's driving the kids" and "who's

staying home" have been cleared up. Lucky for all of us that HenABen Farm was born!

# SHOP *with* REUSABLE BAGS

Get your bag today and reuse it for all your shopping needs!

**Fact:**  
The average consumer uses 300-500 single-use plastic bags per year; this plastic can have a lifetime of hundreds of years.

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## Become a Sponsor

Our mission is to enhance the quality of life in Montgomery by providing fresh, seasonal, locally-produced food and products to our community. We pride ourselves on creating a fun neighborhood activity which fosters involvement, social gathering and business interaction.

In addition to our 1,000 weekly customers, we have 1,400 weekly newsletter subscribers and reach 7,500 monthly on social media.

**Plant your business into our growing Market community!**

Contact Stuart Zanger for more information at [Zanger@aol.com](mailto:Zanger@aol.com).

**FULL-TIME VENDORS**

[Angie Tee's Kitchen](#): 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](#): a wide variety of seasonal produce.

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

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

[HenABen Farm](#): mushrooms 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](#): a wide variety of seasonal produce.

[Marx Hot Bagels](#): A Classic Kosher bagel shop that has been a favorite of Cincinnatians since 1969.

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

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

[Pies and Other Pleasures](#): **(ABSENT THIS WEEK)** fruit and nut pies, cinnamon rolls, cream pies, brownies and bars, hand-pie turnovers, cookies, whoopie pies, fruit breads and cakes.

[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.

[Southern Grace Cincy Catering](#): **(ABSENT THIS WEEK)** southern pre-packaged meals (vegan and classic).

[streetpops](#): 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 Farms](#): 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, and a wide variety of seasonal produce.

[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**

[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!

[Dee Dee's Feline Angels & Friends](#): foster or adopt a kitten!

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

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

[JWK Juicery](#): 100% raw juices.

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

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

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

## **PART-TIME VENDORS NOT WITH US THIS WEEK**

[All American Gutter Protection](#): gutter guards are backed by a lifetime performance guarantee and will give you clog-free and leaf-free gutters for the life of your home – guaranteed!

[Benjamin's Urban Forestry and Consulting](#): Skilled climber & trusted company to trim and remove your trees. Friendly and insured!!

[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.

[Dogs of Cincy](#): the store for Instagram's @dogsofcincy.

[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.

[Especially by Shelley](#): handmade note and greeting cards.

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

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

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

[Kondita Heritage Bakery](#): Jewish baked goods such as babka, rugelach, and many more.

[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.

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

[Spice Spice Baby](#): large variety of spice blends, BBQ rubs, vodka and bourbon infused vanilla extract, and bourbon infused cinnamon extract. Plus, all of their products are additive, preservative and gluten free.

[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.

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

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

[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.

### **SNAP/EBT (Food Stamps)**

Unfortunately, our SNAP/EBT credit card machine is out-of-commission. We are having it renewed, but until we get it back we will be unable to process EBT/SNAP credit cards or provide Produce Perks. As soon as we are up and running again we will let you know.

We apologize for the inconvenience and look forward to serving our SNAP/EBT customers again one day soon.

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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.

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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!

As always, thank you for supporting Southwest Ohio farmers and food artisans!

Your Board Members,

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

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