

7/2/2022



Are you ready for your July 4th cookout? Come and pick up some juicy meat and sweet corn on the cob for your grill and some delicious pie for dessert! We have beautiful red tomatoes, crisp sweet lettuce and crunchy cucumbers. Toss on some balsamic vinegar for a fabulous fresh salad!

This week Zig Zag Pampered Pets is joining us with their cute pet accessories, Rose & Marlene will have their rare and heritage vegetable plants and other goodies, and the Montgomery Food Share will be recruiting food donors to benefit the Free Store Food Bank.

Our musician will be Edde Osborne and our food truck is Marty's Waffles! Read on for a list of all of this week's participating vendors and to learn exactly what else is in season.

A reminder to all customers, we do not have a public restroom so please plan your visit accordingly.

As always, we are open from 9am-12:30pm every Saturday, from May through October (no Winter market this year). We are located in the Montgomery Elementary School parking lot at 9609 Montgomery Road, Cincinnati, OH 45242. Come join in the fun!



## What's in season for July 2nd?

Sweet corn, Napa cabbage, snow peas, Yukon gold potatoes, tomatoes, eggplant, peppers, blueberries, green beans, yellow beans, cabbage, Lodi apples, cucumbers, broccoli, zucchini, squash, cauliflower, carrots, white-skinned potatoes, pickling cucumbers, onions, kohlrabi, cherry tomatoes, turnips, spinach, kale, romaine, spring mix, radishes, sugar snap peas, green onions, beets, garlic, snacking peppers, baby Bibb, baby Romaine, baby Kale, multiple varieties of living head lettuce, wheatgrass, lettuce mixes, baby mustard mix, herbs, mint, greens, microgreens, popcorn, oyster mushrooms, lion's mane

mushrooms, edible flowers, hanging baskets, cut flowers, lavender and starter herb plants.



## Paktli

Paktli translates to Joy in Nahuatl, the language of the Aztecs.

Paktli's creator, Seena Chriti, brings joy every week to our Montgomery Farmers Market with her puffed amaranth treats. Seena grew up in Mexico eating a street snack called Alegrias (which also means joy) made with puffed amaranth and honey or chocolate. Amaranth was a staple food in the diet of the Mayans and Aztecs.

Seena recreates her childhood snack from her shared commercial kitchen space at Findlay Kitchen. She combines puffed amaranth, puffed quinoa and millet ... all highly nutritious ancient grains ... with high quality organic chocolates and whole dried fruits and nuts. Never any additives and always preservative free. Paktli's colorful packaging is inspired by the looms and fabrics from Oaxaca in Mexico.

Seena just launched a new product called PAKTLI PUFFS! After

receiving feedback all the time about people telling them that they crumbled their paktli and used it for their yogurt, they decided to create our own. They have the same 4 flavors: white chocolate, milk chocolate, 55% bittersweet chocolate with dried blueberries and cacao nibs and 70% extra dark chocolate with dried cranberries and cashews. The puffs are perfect for sprinkling over yogurt, ice cream, fruit, cereal or to incorporate into your smoothies or your baking. If you can't wait, then you can just eat them by the spoonful!

Meanwhile, Seena is happy to report that she is part of the second MORTAR cohort sponsored by P&G and Kroger. Through this program, she has been able to learn from the leaders of each organization. From now until July 7th, she is raising funds to help scale her production and continue her growth. Each donation gets her closer to that goal and a chance to win additional money as the people's choice winner if she raises the most funds. Please consider donating using this link:

<https://secure.givelively.org/donate/mortar-cincinnati/seena-chriti-paktli-spring-2022-mortar-x-p-g-x-kroger>

Seena hopes your days are filled with Paktli!



## 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.

[Back2TheDirt](#): compost services, worm castings, potting soil blends, seedlings and worm casting tea.

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

[Boone Creek Creamery](#): artisan cheeses, butter and fudge.

[Breadsmith](#): variety of breads and pastries.

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

[Crazy Acres Market Farm](#): variety of produce.

[Dude, Seriously](#): award-winning hot sauce and spicy bloody Mary mix.

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

[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.

[Honey Child Artisan Pops](#): handcrafted popsicles.

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

[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.

[JWK Juicery](#): **(ABSENT THIS WEEK)** cold-pressed, 100% natural juices.

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

[Pies and Other Pleasures](#): fruit and nut pies, cinnamon rolls, 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.

[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](#) **(ABSENT THIS WEEK)** 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.

[The Dirt Diva RN](#): **(ABSENT THIS WEEK)** homemade, custom, soy candles; fragrances and garden boxes.

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

[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.

[White Oak Valley Farm](#): **(ABSENT THIS WEEK)** 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 THIS WEEK**

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

[LuAnn's Boutique](#): salt soaks, sugar scrub, body lotion, wax melts, lip balms, essential oils, aroma sprays and roll-ons, aromatherapy diffusers, wax warmers, bath bombs, potpourri wreaths, dried floral arrangements, incense and incense burners.

[Marty's Waffles](#): Belgian-style sugar waffles with a variety of sweet and savory toppings.

[Montgomery Food Share](#): recruiting food donors for the Free Store Food Bank to help them combat food insecurity in our area.

[Mystic Works](#): handcrafted, organic, soy candles.

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

[Rose & Marlene](#): rare and heritage vegetable plants (mainly tomatoes, peppers and tomatillos), ornamental plants, wool and felted products, hand-spun yarn, decorative plants in handmade clay pots and copper artwork.

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

[Zig Zag Pampered Pets](#): dog scarves (tie-around and through-the-collar), pet food mats, and cat kickers! Support this high-school-aged vendor for her senior project.





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## Fact:

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## Pups

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. Also keep the temperature in mind as the asphalt can get extra hot. 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.

## [Get Our Newsletter!](#)



Thank you from your Montgomery Farmers'  
Market Board and Market Manager!

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,

Aurora Bennett, Board Member  
Connie Banning, Board President  
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  
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**Our mailing address is:**

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