

7/30/2022



This is the beginning of the most colorful and exciting stretch of the season. These are the best summer weeks with peaches, corn, mid-summer tomatoes (including heirlooms), peppers, chilis and the best melons of the season! Juicy watermelons are finally here too. Did you know that it is common in some countries to sprinkle a little salt on your watermelon before eating it? Give it a try and let us know what you think.

This Saturday, The Lavender Sachet will be having a one-day-only soap event! Be sure to check them out. Also, Drifted Home Decor will be joining us with their candles, and Art by Amruta will have her hand-painted cards, bookmarks and notebooks.

Our musician will be Mitch & Gem Music, and Barre3 Montgomery is hosting a FREE EXERCISE CLASS at 9:30am! If you have ever been curious about

Barre3, this is a fabulous opportunity to get some hands on experience. 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 30th?

Watermelon, cantaloupe, sugar cube melons, Galia melons, peaches, sweet corn, tomatoes, okra, Napa cabbage, snow peas, Yukon gold potatoes, red potatoes, white potatoes,

eggplant, bitter melons, green beans, yellow beans, cabbage, Lodi apples, tomatillos, cucumbers, pickling cucumbers, broccoli, zucchini, squash, Patty Pan squash, cauliflower, carrots, onions, candy onions, red onions, kohlrabi, cherry tomatoes, turnips, spinach, kale, romaine, spring mix, radishes, beets, red bell peppers, green bell peppers, garlic, snacking peppers, hot banana peppers, sweet banana peppers, jalapeños peppers, baby kale, multiple varieties of living head lettuce, wheatgrass, lettuce mixes, baby mustard mix, herbs, greens, sunflower shoots, pea shoots, microgreens, purslane, popcorn, oyster mushrooms, shiitake mushrooms, lion's mane mushrooms, edible flowers, cut flowers, lavender and starter herb plants.



Ilan's Raw Chocolate

Ilan's Raw Chocolate was founded in 2015 by Ilan and Merav Rosenblit in a kibbutz near Nazareth in northern Israel. Before 2018, you could only purchase this one-of-a-kind chocolate in Israel. Today, this delicious treat is also handcrafted right here in Cincinnati, hand-tempering chocolates in small batches from high quality, naturally healthy ingredients.

Ilan's imports their Criollo cacao paste and cacao butter from an organic, fair-trade farm in the Amazon in Peru. Their dark chocolates are a result of Ilan's unique recipe and hand-tempering style done in micro batches to ensure the highest quality of taste and texture. They are committed to organic, vegan, preservative-free and nutritious ingredients.

Ilan's is excited to bring two new exciting flavors to our Montgomery Farmers' Market this summer ... Dipped Mint and Dipped Marzipan.

Dipped Mint is natural cashew cream with organic mint flavoring, sweetened with agave and maple syrup to add depth, and then dipped in our 70% classic chocolate.

Dipped Marzipan is natural whole almonds, "revived" into a paste, sweetened with agave and maple syrup, and then dipped into our 70% classic chocolate.

Both are simply delicious!!!



Free Barre3 Class!

This Saturday there will be a FREE BARRE3 CLASS at 9:30AM! Anyone can join this 45-minute session with their instructor, Kami. Bring a yoga mat, a water bottle, wear your tennis shoes and you can bring hand weights if you like (optional).

Barre3 is a full-body, balanced workout that combines strength conditioning, cardio, and mindfulness. It will leave you feeling balanced in body and empowered from within.

Barre3 Montgomery is a local, woman-owned studio, by Montgomery resident, Suzanne Breckenridge. Community and connection are at the heart of everything they do!



One-Day-Only Soap Event

This Saturday only, The Lavender Sachet will be offering beautiful, vegetable-based, glycerin soaps made in small batches. They also carry shower steamers (lavender, citrus and eucalyptus, tea tree, mint), lavender bug spray, nourishing all-

natural lip balms, lavender and citrus bath bombs, lavender sachets, rollerball perfumes and more.

Alison is hosting Soap Workshops at Lemons & Limes, Sonder Brewing, Two Little Buds, Cartridge Brewing and FERN this summer for both kids and adults. To book, visit www.thelavendersachet.com/workshops.



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](#): **(ABSENT THIS WEEK)** 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](#): 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](#): **(ABSENT THIS WEEK)** 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](#) 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](#): **(ABSENT THIS WEEK)** 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](#): 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](#): **(ABSENT THIS WEEK)** all-natural, gluten-free and preservative-free pet treats and customized pet memory pillows.

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



PART-TIME VENDORS THIS WEEK

[Art by Amruta](#): original hand-painted notebooks, bookmarks and cards.

[Barre3 Montgomery](#): Barre3 is a full-body, balanced workout combining strength conditioning, cardio & mindfulness.

[Drifted Home Decor](#): soy wax candles, beaded garlands, candle stands, terrariums and decorative jars.

[Launch Kitchen Brands](#): representing Tannenbaum's botanical hot sauce, Dohjoy's low-carb light bread and Chef Castro Nuovo's gluten/sugar/dairy-free brownies and cookies.

[MHA Pottery & Fused Glass](#): mugs, vases, bowls, plates and decorative fused-glass objects.

[The Lavender Sacht](#): shower steamers, lip balm and satin scrunchies. Soaps this Saturday only!

[The Spicy Olive](#): handing out information about their wide variety of infused olive oils and aged balsamic vinegars.



Community Programs

Along with cash and credit cards, we accept the following methods of payment:

- SNAP/EBT
- Produce Perks coins (we match up to \$25 in SNAP purchases with free Produce Perks)
- SFMNP (Senior Farmers' Market Nutrition Program) Vouchers
- TANF (Temporary Assistance for Needy Families) Fruit and Vegetable Program
- Produce PRx (Prescription) Program





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Fact:

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300-500 single-use plastic bags
per year; this plastic can have a
lifetime of hundreds of years.

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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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