

8/13/2022



It's National Farmers Market Week and our wonderful summer produce is in full swing! Right now you have a full selection of produce from Asian pear apples to zucchini. We even have ground cherries, yellow watermelon and other specialty items such as purslane. So many options to choose among!

Hey kids! Stop by the Manager's Tent for National Farmers Market Week to “color the farm” and earn a Farmer's Buck to spend however you like. You can then earn a second Farmer's Buck by finding the 3 peas!

Composters, note that Back 2 The Dirt will be absent this Saturday. Check your email for details on a special Sunday pick up.

Also this Saturday, Natalie from Always Canning will have her jellies, Ora Studio will be onsite with their handmade pottery, and Dee Dee's Feline Angels will have some adoptable kitties for your consideration.

Our musician will be Grandpa Wayne! 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!

# Why Farmers Markets?



## Increase Access to Fresh Food

**Over \$100 million**

in federal nutrition benefits were redeemed at farmers markets and with direct marketing farmers in 2021.



**572,769 SNAP households** made at least one purchase at a farmers market or direct marketing farmer in 2021.

Many farmers markets run donation programs. In one year, the Grove Market in Greensboro, NC purchased **30k lbs** of fresh produce from farmers to donate.

**National Farmers Market Week, Aug 7-13, 2022**

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## What's in season for August 13th!

Watermelons, cantaloupe, Galia melons, Asian pear apples, Zestar apples, Blaze apples, Maxine pears, yellow watermelon, ground cherries, peaches, sweet corn, heirloom tomatoes, slicing tomatoes, cherry tomatoes, okra, Yukon gold potatoes, red potatoes, white potatoes, eggplant, bitter melons, green beans, yellow beans, tomatillos, cucumbers, pickling cucumbers, broccoli, zucchini, squash, Patty Pan squash, butternut squash, cauliflower, carrots, onions, candy onions, red onions, kohlrabi, Napa cabbage, spinach, kale, romaine, spring mix, radishes, beets, red bell peppers, green bell peppers, colored bell peppers, garlic, hot banana peppers, sweet banana peppers, jalapeños peppers, multiple varieties of living head lettuce, wheatgrass

lettuce mixes, 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.



## Breadsmith

We here at Breadsmith use time honored techniques to produce the most authentic European style breads possible, with some modern favorites as well. All of our production equipment was imported from Italy, and everything we make every day is made from scratch with our proprietary blend of flour you won't find anywhere else in the city. The staff favorites include our Garlic Cobblestone, Pretzel Bread, and Blueberry Coffee Cakes.

Everything we produce is made by hand, and as fresh out of the oven as possible. Whatever isn't sold by the end of the day becomes donations for one of our many partners throughout the city. Not only do we produce some of the best bread in town, but we also help those in need with every

day's production. It's really one of my favorite things, to know that we're helping people every day, on top of everything else we do.

-Will Bahlman

## Why Farmers Markets?



### Stimulate Local Economies

**\$1.7 billion**

of direct to consumer sales reported by the USDA in 2020 were due to farmers markets and on-farm stores.



Growers selling locally create **13 full time farm operator jobs in their communities** per \$1 million in revenue earned.



According to the 2020 USDA/NASS Market Manager Survey, **84.7% of markets** had locally grown labeling.

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

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



**PART-TIME VENDORS THIS WEEK**

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

[Dee Dee's Feline Angels & Friends](#): a Christian-based, no-kill, animal rescue based in Fremont, OH.

[LuAnne'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.

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

## Why Farmers Markets?



**Support conservation, connection, and education**

**31,609 volunteers**

contributed their time across **5,078 markets**, according to the 2020 USDA/NASS Market Manager Survey.



**72% of consumers**

know “nothing” or “very little” about farming. Markets serve as education sites and bridge urban and rural communities.



By facilitating farmer to consumer interaction, markets push consumers and farmers to more sustainable practices.

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## 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





# 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.

## Thanks to:

Hamilton County  
Recycling and Solid  
Waste District



Central Ohio River Valley • [eatlocalcorv.org](http://eatlocalcorv.org)



## 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  
Peggy Hinzman, Board Treasurer  
Stuart Zanger, Board Member

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