



What's Fresh

at the
Mountain Fresh
Farmers Markets
Oakland, MD

Greetings from the Mt. Fresh Board!

Come out and enjoy the expanding bounty at the market!

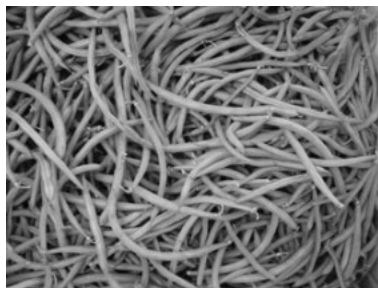
We're happy to announce that the **Garrett County Master Gardeners** will be at the Oakland Farmers Market on Wednesdays through August 26 to answer your lawn & garden questions. You can even bring in "sick plants" that are in need of a little TLC to get a diagnosis and a treatment plan.

Vote for the Oakland Farmers Market as your favorite! Go to www.farmland.org/vote to cast your vote for your favorite farmers market! Help our market win the prize!

What's Fresh This Week?

Fresh Produce:

- Blueberries
- Broccoli
- Carrots
- Cauliflower
- Cucumbers
- Fennel
- Greens (kale, Swiss chard, etc.)
- Green Onions
- Lettuce
- Onions
- Oyster Mushrooms
- Peaches
- Peppers
- Radishes
- Shiitake Mushrooms
- Strawberries
- Snow Peas
- Sugar Snap Peas



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Market Dates

June 6 - October 31

Wednesdays & Saturdays

10:00 am to 1:00 pm

Mt. Fresh Pavilion, off 2nd street in Oakland

G.C. Master Gardeners Table at the Market

Visit their table every Wednesday from 10 am to 1 pm at the Oakland Market through August 26.

Bring your lawn or garden questions! There will be a plant diagnostic clinic as well, so bring in your sick plants to learn what's wrong and what can be done to save them!

Reusable Market Bags

The new bags are here! We again have reusable bags for sale. Get them to use at the market, or anywhere you shop! Bags are available from vendors at the market.

Here's the front of the new bag (the back has the "Maryland's Best" logo and website listed):

Sweet Corn
 Hothouse Tomatoes (hydroponic)
 Tunnel Grown Tomatoes (in ground)
 Yellow Squash
 Zucchini
We'll also have:
 Fresh eggs
 Home-baked goods
 Jams & Jellies
 Homemade crafts
 Hand Crafted Personal Care Items
 Meats (Wednesdays)
 Goat Milk Artisanal Cheeses
And more!

Green Beans

Green Bean Nutrition

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with nutrients. Green beans are an excellent source of vitamin C, vitamin K and manganese. Plus green beans are very good source of vitamin A (notably through their concentration of carotenoids including beta-carotene), dietary fiber, potassium, folate, and iron.

About Green Beans

While green beans are typically referred to as string beans, many varieties no longer actually feature the fibrous 'string' that runs down the length of the earlier varieties. Green beans are also commonly known as snap beans. Haricots verts are French green beans that are very thin and very tender. Green beans are in the same family as shell beans, such as pinto beans, black beans and kidney beans. Yet unlike their cousins, green beans' entire bean, pod and seed, can be eaten. Green beans range in size, but they usually average four inches in length. They are usually deep emerald green in color and come to a slight point at either end. They contain tiny seeds within their thin pods.

To Prepare:

For stringless beans, just snip the stem end of the bean and trim any blemishes. For stringed beans, snip both ends and pull to remove strings from the seams of the beans; trim any blemishes. Then wash and enjoy!

How to Enjoy:

- Green beans are a classic ingredient in Salad Nicoise, a French cold salad dish that combines steamed green beans with tuna fish and potatoes.



Quick Links

[Mountain Fresh Website](#)

[Why Buy Local?](#)

[Garrett County Farms](#)

[Maryland Dept of Agriculture](#)

[Garrett Co. Extension Office](#)

Farmers Market Humor

It's those two cows again...

"Daisy, have you heard?"
 "Moo. Heard what, Buttercup?"
 "There's going to be a Farmers Market at the town hall next week."
 "That's good, let's sell our farmer and see if we can get a better one!"

Blessed are they who can laugh at themselves for they shall never cease to be amused.

Two farmers meet up during an agricultural convention. One from PA the other from TX...

PA: Back home I got a 40 acre spread!
 TX: Aw, heck you ain't got nothin' - why my spread in Texas is so big that I get in my pickup in the morning and I don't get to the other side of my ranch until the sun goes down!
 PA: Yeah, I used to have a pickup truck like that....

- Sauté green beans with shiitake mushrooms.
- Prepare the perennial favorite, green beans almondine, by sprinkling slivered almonds on sautéed beans.
- Roast green beans, red peppers and garlic, and combine with olive oil and seasonings to make a delicious salad.
- Add chopped green beans to breakfast frittatas or omelets.

Recipe of the Week: Fresh Green Bean Salad

Salad

1 lb fresh small green beans, rinsed, trimmed and cut in half (uncooked)
 1 1/2 cup grape tomatoes, halved
 2 cups fresh spinach, whole leaves
 1 small red onion, halved and thinly sliced
 2 (14 ounce) cans hearts of palm or marinated hearts of palm, sliced into 1/2-inch slices (this is optional, but helps with texture and flavor of the salad)

Dressing

1/4 cup lemon juice (about 1 lemon)
 1/4 cup balsamic vinegar
 1/4 cup olive oil
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 2 tablespoons fresh oregano, minced
 2 garlic cloves, minced
 3/4 tsp. sugar, to taste (optional for a sweeter taste)

Topping

feta cheese, to top (optional)
 Mix salad ingredients together.

Mix dressing ingredients together (except the feta).

Toss everything together.

Best if it stands for at least an hour at room temperature.

To serve top each serving with feta.

This stores well for a long time in a large ziploc bag if you only add the feta when served.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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