

Week of August 15, 2009

Vol 2, Issue 11



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!

Thanks for all your farmers market votes! Though we didn't win a prize, we were pleased at the number of votes we did receive.

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.

What's Fresh This Week?

Fresh Produce:

- Apples
- Basil
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Cherry Tomatoes
- Cucumbers
- Dill
- Fennel
- Grape Tomatoes
- Greens (kale, Swiss chard, etc.)
- Green Beans
- Green Onions
- Lettuce
- Onions
- Oyster Mushrooms
- Patty Pan Squash
- Peaches
- Peppers
- Plums
- Potatoes (red, white, purple)
- Radishes
- Raspberries



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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):

Shiitake Mushrooms
 Strawberries
 Snow Peas
 Sugar Snap Peas
 Sweet Corn
 Hothouse Tomatoes (hydroponic)
 Tunnel Grown Tomatoes (in ground)
 Yellow Squash
 Yellow Wax Beans
 Zucchini

We'll also have:

Fresh eggs
 Home-baked goods
 Jams & Jellies
 Cut Flowers
 Plants
 Homemade crafts
 Honey
 Hand Crafted Personal Care Items
 Meats (Wednesdays)
 Goat Milk Artisanal Cheeses

And more!

Peppers

Unwashed sweet peppers stored in the vegetable compartment of the refrigerator will keep for up to one week or more. Sweet peppers can be frozen without first being blanched. It is better to freeze them whole since there will be less exposure to air which can degrade both their nutrient content and flavor.

Tips for Preparing Bell Peppers:

Before coring and/or cutting the pepper, wash it under running water. Use a paring knife to cut around the stem and then gently remove it. Peppers can be cut into various shapes and sizes. To easily chop, dice or cut the peppers into strips, first cut the pepper in half lengthwise, clean out the core and seeds, and then, after placing the skin side down on the cutting surface, cut into the desired size and shape. Peppers can also be cut horizontally into rings or left whole for stuffed peppers after carefully removing the seeds from the inner cavity.

A Few Quick Serving Ideas:

- Add finely chopped bell peppers to tuna or chicken salad.
- Steam cored peppers for five minutes, stuff them with your favorite rice salad or grain pilaf, and bake in a 350°C oven until they are hot.
- Sauté chopped peppers, celery and onions, then combine with tofu, chicken or seafood to make a simple



Quick Links

- [Mountain Fresh Website](#)
- [Why Buy Local?](#)
- [Garrett County Farms](#)
- [Maryland Dept of Agriculture](#)
- [Garrett Co. Extension Office](#)

Farmers Market Humor

Did you hear about the farmer you ploughed his field with a steamroller?
 He wanted to grow mashed potatoes!

MCHUMOR.com by T. McCracken



"I can't stand the noise anymore. Why did I give up vegetable farming?"

Louisiana Creole dish.

- Purée roasted and peeled peppers with sautéed onions and zucchini to make a deliciously refreshing soup that can be served hot or cold.
- Bell peppers are one of the best vegetables to serve in a crudité platter since not only do they add a brilliant splash of color, but their texture is also the perfect crunchy complement for dips.



Recipe of the Week: Stuffed Green Pepper Soup

The great taste of stuffed peppers without the work!

- 2 lbs lean ground beef or turkey
- 1 medium onion, diced
- 2 tsp olive oil
- 2 quarts water
- 2 large tomatoes, chopped
- 1 (29 ounce) can tomato sauce
- 2 cups cooked long-grain rice (1/2 cup uncooked)
- 2 cups chopped green bell peppers (about 2 large peppers)
- 2 beef bouillon cubes
- 1 Tbs packed brown sugar, optional
- 1 tsp salt
- 1/2 tsp pepper

In 6-quart saucepan or Dutch oven, brown beef with onion in oil; drain.

Add remaining ingredients; bring to boil.

Reduce heat; cover and simmer for 30 to 40 minutes or until tender.

Makes about 16 servings.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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