



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!

Customer Appreciation Day Corn Roast

Our annual corn roast will be held (as always) on Labor Day weekend Saturday, September 5. Get a free, fresh cooked ear of corn-on-the-cob just for being a great customer of our market!

We're happy to announce that the **Garrett County Master Gardeners** will continue to 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



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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. **(Just two more weeks!)**

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):

Raspberries
 Shiitake Mushrooms
 Strawberries
 Snow Peas
 Sugar Snap Peas
 Sweet Corn
 Tomatoes (heirloom and hybrid)
 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!

Sweet Corn

An important food plant that is native to America, corn is thought to have originated in either Mexico or Central America. It has been a staple food in native civilizations since primitive times with some of the earliest traces of meal made from corn dating back about 7,000 years.

Since heat rapidly converts the sugar in corn to starch, it is very important to choose corn that is displayed in a cool place. If purchasing corn at a farmer's market or roadside stand, make sure that the corn has been kept in the shade, out of direct sunlight. Look for corn whose husks are fresh and green and not dried out. They should envelope the ear and not fit too loosely around it.

To enjoy corn's maximum flavor, purchase it on the day you are going to cook it since corn has a tendency to lose its flavor relatively rapidly. Store corn in a plastic bag in the refrigerator. Do not remove its husk since this will protect its flavor. To enjoy its optimal sweetness, corn should be eaten as soon as possible.

Corn can be cooked either with or without its husk in a variety of different ways. If using the wet heat methods of boiling or steaming, make sure not to add salt or overcook as the corn will tend to become hard and lose its flavor. Or, they can be broiled or grilled in the husk. If broiling or grilling, first soak the corn in the husk ahead.

A Few Quick Serving Ideas:

- Eat corn on the cob either just as is or seasoned with a little butter, olive oil or flaxseed oil, salt and pepper, nutritional



Quick Links

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

Farmers Market Humor

Top 10 Benefits

of Being a
 Fresh Produce
 Farmers' Wife:

10. Fixing breakfast before sunup.
9. Canning vegetables late into the night after devoting daylight hours to marketable crops.
8. Living in a 90-year-old farmhouse with bad plumbing and one electrical outlet per room.
7. Between June & October, only seeing your husband for any length of time at the farmers market.
6. Knowing your 4-year-old can name all the weeds and bugs in the garden and every piece of equipment, but can't count past 10 yet.
5. Being too busy for vacations in the spring, summer, or fall.
4. Weekly shopping trips (to

- yeast or any other herbs or spices you enjoy.
- Sautéed cooked corn with green chilis and onions. Served hot, this makes a wonderful side dish.
- Enjoy a cold salad with an ancient Incan influence by combining cooked corn kernels, quinoa, tomatoes, green peppers and red kidney beans.
- Use polenta (a type of cornmeal) as a pizza crust for a healthy pizza.
- Add corn kernels and diced tomatoes to guacamole to give it extra zing.
- Adding corn to soup, whether it chili or chowder, enhances the soup's heartiness, let alone its nutritional profile.

the tractor dealer, the hardware store, the auto parts store, etc.)

3. Learning that cussing at machinery always helps.

2. Equipment auctions (especially the food!)

1. Being asked, "What's for dinner?" as you walk into the house after working all day in the field.

Recipe of the Week: Perfectly Grilled Corn

8 ears corn
Kosher salt

Heat your grill to medium.

Pull the outer husks down each ear to the stalk end. Strip away the silk from each ear of corn by hand. Fold the husks back into place and tie the ends together with kitchen string.

Place the ears of corn in a large bowl of cold water with 1 tablespoon of salt for 10 minutes.

Remove the corn from the water and shake off the excess. Place the corn on the grill, close the cover, and grill for 15 to 20 minutes, turning every 5 minutes, or until the kernels are tender when pierced with a paring knife.

Remove husks from the cobs before eating the corn.

To remove the corn kernels from the cob:

1. Stand the cob upright on its stalk end in a large bowl or pan. Hold the tip with your fingers and cut down the sides of the cob with a sharp paring knife, releasing the kernels without cutting into the cob.

2. Run the dull edge of the knife down the naked cob to release any remaining corn and liquid.


From Bobby Flay's Grill It! by Bobby Flay.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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