



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 (**this is the last week!**) 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 (hot, sweet, banana, etc.)
- 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. (**This is the last week!**)

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
Peas
Sweet Corn
Tomatoes (heirloom, Roma /paste, & 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!

Tomatoes

Although tomatoes are closely associated with Italian cuisine, they are actually originally native to the western side of South America, including the Galapagos Islands. The first type of tomato grown is thought to have more resembled the smaller-sized cherry tomato than the larger varieties.

Since tomatoes are sensitive to cold, and it will impede their ripening process, store them at room temperature and out of direct exposure to sunlight. They will keep for up to a week, depending upon how ripe they are when purchased. To hasten the ripening process, place them in a paper bag with a banana or apple since the ethylene gas that these fruits emit will increase the tomato's maturation.

Before serving, wash tomatoes under cool running water and pat dry. If your recipe requires seeded tomatoes, cut the fruit in half horizontally and gently squeeze out the seeds and the juice. It is especially important when cooking tomatoes to **not use aluminum cookware** since their high acid content will interact with the metal. This may result in the migration of the aluminum into the food, which will not only impart an unpleasant taste, but more importantly, may have deleterious effects on your health.

Ways to enjoy:

- Tomatoes are a great addition to bean and vegetable soups.
- Enjoy a classic Italian salad-sliced onions, tomatoes and mozzarella cheese drizzled with olive oil.
- Combine chopped onions, tomatoes, and chili peppers for an easy to make salsa dip.
- Purée tomatoes, cucumbers, bell peppers and scallions together in a food processor

Quick Links

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

Farmers Market Poetry

Vegetable Love

by Barbara Crooker

Feel a tomato, heft its weight in your palm,
think of buttocks, breasts, this plump pulp.
And carrots, mud clinging to the root,
gold mined from the earth's tight purse.
And asparagus, that push their heads up,
rise to meet the returning sun,
and zucchini, green torpedoes
lurking in the Sargasso depths
of their raspy stalks and scratchy leaves.
And peppers, thick walls of cool jade, a green hush.
Secret caves. Sanctuary.
And beets, the dark blood of the earth.
And all the lettuces: bibb, flame, oak leaf, butter-
crunch, black-seeded Simpson, chicory, cos.
Elizabethan ruffs, crisp verbiage.
And spinach, the dark green
of northern forests, savoyed, ruffled,
hidden folds and clefts.
And basil, sweet basil, nuzzled
by fumbling bees drunk on the sun.
And cucumbers, crisp, cool white ice
in the heart of August, month of fire.
And peas in their delicate slippers,
little green boats, a string of beads,
repeating, repeating.
And sunflowers, nodding at night,
then rising to shout hallelujah! at noon.

All over the garden, the whisper of leaves
passing secrets and gossip, making assignments.
All of the vegetables bask in the sun,
languorous as lizards.
Quick, before the frost puts out
its green light, praise these vegetables,
earth's voluptuaries,
praise what comes from the dirt.

and season with herbs and spices of your choice to make the refreshing cold soup, gazpacho.

- Add tomato slices to sandwiches and salads. To keep things colorful, use yellow, green and purple tomatoes in addition to red ones.

Recipe of the Week: Heirloom Tomato, Mozzarella, & Basil Side Dish

Delicious, elegant, and sinfully easy to prepare!

1 large heirloom tomato
2 pieces mozzarella cheese, round, cut 1/8 to 1/4 inch thick
4 basil leaves
2 tablespoons balsamic vinegar, drizzled to taste
2 tablespoons extra-virgin olive oil, drizzled to taste
salt, to taste

Cut the tomato in half. If tomato will not sit flat, take a small thin slice off of the bottom. Place 1 piece of mozzarella on top of each tomato half.

Chiffonade the basil into thin strips and place 1/2 the basil on top of each mozzarella round.

Drizzle with olive oil and balsamic (no need to pre-mix the two together) over the tomato/mozzarella/basil.


Serve with salt to taste.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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