

Week of August 8, 2009

Vol 2, Issue 10



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:

- 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.

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
 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!

Summer Squash

Summer squash, members of the Cucurbitaceae family and relatives of both the melon and the cucumber, come in many different varieties. While each type varies in shape, color, size and flavor, they all share some common characteristics. The entire vegetable, including its flesh, seeds and skin, is edible. In addition, some varieties of the squash plant produce edible flowers. Look for yellow squash, patty pan squash, and zucchini in many colors and shapes.

Summer squash is an excellent source of manganese and vitamin C. It is also a very good source of magnesium, vitamin A, dietary fiber, potassium, copper, folate, and phosphorus.

Tips for Preparing Summer Squash:

Wash summer squash under cool running water and then cut off both ends. You can then proceed to cut it into the desired size and shape for the particular recipe.

A Few Quick Serving Ideas:

- Sprinkle grated zucchini or other summer squash on top of salads and sandwiches.
- Enjoy an easy to make ratatouille by sautéing summer squash, onions, bell peppers, eggplant and tomatoes and then simmering the mixture in tomato sauce. Season to taste.
- Serve raw summer squash with your favorite dips.
- Add zucchini or other summer squash to your favorite muffin or bread recipe; decrease the amount of liquid



Quick Links

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

Farmers Market Humor

A farmer was driving along the road with a load of fertilizer. A little boy, playing in front of his house, saw him and called, "What've you got in your truck?" "Fertilizer," the farmer replied. "What are you going to do with it?" asked the little boy. "Put it on strawberries," answered the farmer. "You ought to live here," the little boy advised him. "We put sugar and cream on ours."

A Missouri farmer passed away and left 17 mules to his three sons. The instructions left in the will said that the oldest boy was to get one-half, the second oldest one-third, and the youngest one-ninth. The three sons, recognizing the difficulty of dividing 17 mules into these fractions, began to argue. Their uncle heard about the argument, hitched up his mule and drove out to settle the matter. He added his mule to the 17, making 18. The oldest therefore got one-half, or nine, the second oldest got one-third, or six, and the youngest son got one-ninth, or two. Adding up 9, 6 and 2 equals 17. The uncle, having settled the argument, hitched

in the recipe by about one-third to compensate for the moisture present in the squash.

- Grill small squash in a foil packet with a little butter.
- Roast slices coated with olive oil in the oven until tender and brown (turn once).

up his mule and drove home.

Recipe of the Week: Summer Squash Casserole

1 1/2 lbs summer squash
 1/2 cup butter or margarine
 1 egg
 1 medium onion, chopped
 salt and pepper
 4 slices of bacon, fried, drained and crumbled (optional)
 12-15 Ritz crackers, crushed
 3/4 cup grated cheddar cheese or longhorn cheese

If squash are large, peel and de-seed.

Cut into large cubes and boil until tender.

In the meantime, saute onion in olive oil until translucent.

Mash thoroughly and add butter, egg, onion, salt, pepper and crackers and bacon, if desired.

Place in buttered casserole dish.

Sprinkle grated cheese on top.

Bake at 350 degrees until bubbles appear on edge, about 25 minutes.

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Sincerely,

Mountain Fresh Producers Association

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Mt. Fresh Producers Assn. | c/o Garrett Co. Extension | 1916 Maryland Hwy, Suite A | Oakland | MD | 21550