

Week of July 11, 2009

Vol 2, Issue 6



What's Fresh

at the
Mountain Fresh
Farmers Markets
Oakland, MD

Dear Cheryl,

Come out and enjoy the expanding bounty at the market!

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:

- Asparagus
- Blueberries
(just a few)
- Broccoli
- Carrots
- Cauliflower
- Cucumbers
- Greens
- Green Onions
- Lettuce
- Shiitake Mushrooms
- Strawberries
- Sugar Snap Peas
- Hothouse Tomatoes (hydroponic)
- Tunnel Grown Tomatoes (in ground)



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!

Sugar Snap Peas

In This Issue

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Recipe of the Week

Market Dates

June 6 - October 31
Wednesdays & Saturdays
10:00 am to 1:00 pm
Mt. Fresh Pavilion, off 2nd street
in Oakland

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):



Quick Links

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

Sugar snap peas are a variety of edible pea pod. This vegetable is nutritious, the texture is crunchy, and the flavor is delightful. To prepare: Wash well. Snap each end off and pull to remove strings.

Ways to Use Sugar Snap Peas

Raw

- The pod can be left whole and served with your favorite dip.
- Snap the whole pea pod into 1-inch pieces and add to salads-vegetable, macaroni, chicken, etc.

Cooked

- Use instead of snow peas in oriental dishes.
- In stews or soups, add whole or in pieces, 2 minutes before serving - just long enough to heat thoroughly.
- Stir-fry as you would any vegetable.

Recipe of the Week: Sugar Snaps Au Gratin

2 Tbsp. margarine or butter
 2 Tbsp. flour
 1 cup milk
 1/2 tsp. onion powder
 1/4 tsp. celery seed
 1/2 pound (about 2 to 3 cups) fresh snap peas, ends trimmed and strings removed

Topping:

1/2 cup bread crumbs
 1/4 cup Parmesan cheese
 1/2 tsp. paprika.

Melt margarine or butter. Stir in flour and blend. Add milk and onion powder. Stirring constantly, cook over low heat until thickened.

In a separate bowl, mix topping ingredients.

Arrange snap peas in a casserole, pour sauce over them and top with topping mixture. Bake at 350 degrees F for 15 to 20 minutes, or until bubbling.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

Farmers Market Humor

First Farmer: "How do you tell the weeds from the valuable plants?"

Second Farmer: "If it pulls out easily, it's a valuable plant."

How do you fix a broken tomato?

With tomato paste.

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