

Week of July 18, 2009

Vol 2, Issue 7



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:

- Blueberries
- Broccoli
- Carrots
- Cauliflower
- Cucumbers
- Fennel
- Greens
- Green Onions
- Lettuce
- Onions
- Radishes
- Shiitake Mushrooms
- Strawberries
- Snow Peas
- Sugar Snap Peas
- Sweet Corn (Burlington, WV)
- Hothouse Tomatoes (hydroponic)
- Tunnel Grown Tomatoes (in ground)
- Yellow Squash
- Zucchini



We'll also have:

In This Issue

- What's Fresh This Week?
- Veggie/Fruit of the Week
- Farmers Market Humor
- 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

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):

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

And more!

Zucchini

Zucchini, like most summer squash, originated in the Americas. Zucchini can be yellow, dark green or light green, and generally have a similar shape to a ridged cucumber, though a few cultivars are available that produce round or bottle-shaped fruit. Yep, we said fruit - botanically, zucchini are the immature fruit of the plant. In culinary uses, though, the zucchini is treated more like a vegetable.

Ways to Use Zucchini

Small

- Slice into sticks and serve with your favorite dip
- Chop and add to salads
- Lightly steam chopped zucchini
- Grill whole (coat with melted butter or oil first)

Medium/Large

- Stir fry in some butter or olive oil - add a little salt & pepper if you wish
- Coat slices with egg, then flour, then fry in oil until crispy and brown on both sides.
- Add to vegetable lasagna dishes
- Shred zucchini, squeeze excess water, then fry like hash browns
- Roast slices that have been coated with olive oil and sprinkled with salt & pepper in the oven until light brown and slightly crispy

Recipe of the Week: Baked Parmesan Zucchini

2 medium zucchini
 2 teaspoons olive oil
 1/2 teaspoon seasoning salt, to taste
 1/3-1/2 cup grated parmesan cheese, to taste (and size of zucchini)

Preheat the oven to 350 degrees F.

Clean the medium zucchinis well, cut the ends off, and slice them lengthwise into quarters so that you have eight pieces.

Coat the bottom of a baking dish with the olive oil and place the zucchini pieces in the dish.



Quick Links

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

Farmers Market Humor

Who says farmers market vendors have no sense of humor?



Sprinkle with the seasoning salt (I sometimes lightly spray the zucchini with pan spray before sprinkling on the seasoning salt), then with the Parmesan cheese.

Place uncovered in the oven and bake for 20 minutes on 350 degrees F.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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