

Week of July 4, 2009

Vol 2, Issue 5



What's Fresh

at the
Mountain Fresh
Farmers Markets
Oakland, MD

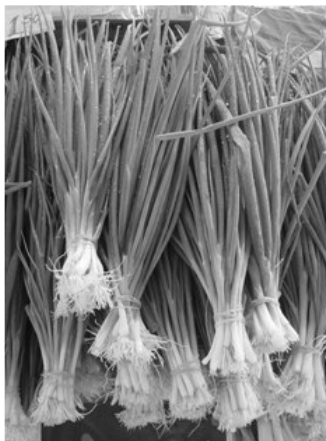
Dear Cheryl,

We're definitely open July 4!!! Come get everything you need for your Independence day picnic! Locally grown burgers, cheese, bread, veggies, and fruits! Plus grab a delicious dessert!

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)



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!

Green Onions & Scallions

Green onions and scallions are just immature onions that are pulled from the ground before a prominent bulb has formed

In This Issue

What's Fresh This Week?

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](#)

and their tops are still green. Scallions are considered younger than a green onion because they should not have a bulb, while green onions should have a miniature bulb. Both the bulb and bright green tops are edible, and are sold in bunches.

Recipes will call for using either just the white part, or both the white and green part of the green onion or scallion. Generally, the white part is cooked, and the green part is used as a garnish or in cold preparations. In a pinch you can substitute the green part for chives.

Nutritionally, green onions have a combination of the benefits of onions and greens. They are an excellent source of vitamin K and vitamin C, and a very good source of vitamin A and folate.

Recipe of the Week: Spring Onion & Ham Tart

1 T. unsalted butter
 1 T. vegetable oil
 1 bunch green onions or scallions, ends trimmed, white & green parts thinly sliced
 5 oz. ham, cut into 1/4- to 1/2-inch dice (about 1 c.)
 4 large eggs
 3/4 c. milk
 1/2 c. heavy cream
 Salt
 Freshly ground black pepper
 1 9-inch unbaked pie shell (use your favorite recipe), chilled
 4 oz. grated Gruyere cheese (may substitute any Swiss cheese; about 1 c.)

Preheat the oven to 350°.

In a saute pan over medium heat, combine the butter and oil. When the butter has melted, add the scallions and cook for about 3 minutes, until they have softened. Add the ham and cook for 30 seconds. Transfer the scallion-ham mixture to a plate to cool.

In a large bowl, lightly beat the eggs. Add the milk, cream and salt and pepper to taste, whisking until thoroughly combined. Spread the scallion-ham mixture in the bottom of the pie shell. Scatter the cheese over the scallion-ham mixture and top with the egg mixture.

Bake for 35 to 40 minutes, until golden brown. Transfer to a wire rack to cool slightly before serving. Makes six-eight servings.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

Garrett Co. Extension Office

Farmers Market Humor

Why were the little strawberries upset?

Because their parents were in a jam!

Forward email

SafeUnsubscribe®

This email was sent to gcagmarketing@yahoo.com by info@mountainfresh.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



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