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Week of June 6, 2009

Vol 2, Issue 1



What's Fresh

at the
Mountain Fresh
Farmers Markets
Oakland, MD

Dear Cheryl,

We're starting our markets this week! We hope you'll join us at the first market on Saturday, June 6 to find the freshest produce, delicious home-baked goods, sweet jellies and jams, homemade crafts, hand-crafted personal care items, and more!

What's Fresh This Week?

Fresh Produce:

- Asparagus
- Greens
- Green Onions
- Lettuce

We'll also have:

- Fresh eggs
- Home-baked goods
- Jams & Jellies
- Homemade crafts
- Hand Crafted Personal Care Items



And more!

How's the Weather Been this Spring?



We've had quite a mixed bag of weather this spring. Some areas of the county are still getting frost (the latest was the morning of June 1). That makes it difficult to plant out tender vegetable plants!

Earlier this spring, we had too much rain

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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

Our Market Coordinator

Katharine Dubansky was again chosen as the market coordinator for the 2009 season. She is part of Backbone Food Farm and is looking forward to a great market season this summer.

Reusable Market Bags

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. We're getting new bags printed with a new, Mt. Fresh specific design this year! We'll let you know when they are available.

Quick Links

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

for a two week period, and some cold-hardy plants that were outside didn't fare too well.

Lately it seems the weather is calming down, and hopefully we'll have less fluctuation in day vs. night temperatures. We hope for rain and sun in moderation!

Battle of the Lettuces: Which is better for you - Iceberg or Romaine?

Let's look at the numbers!

One cup of iceberg lettuce:

- 8 calories
- 0.5 gram protein
- 0.7 gram fiber
- 10 mg calcium
- 78 mg potassium
- 1.5 mg vitamin C
- 16 mcg folate
- 13.3 mcg of vitamin K
- 164 mcg beta carotene
- 152 mcg of lutein + zeaxanthin



One cup of romaine lettuce has:

- 8 calories
- 0.58 gram protein
- 1 gram fiber
- 16 mg calcium
- 116 mg potassium
- 11.3 mg vitamin C
- 64 mcg folate
- 48.2 mcg vitamin K
- 1637 mcg beta carotene
- 1087 mcg of lutein + zeaxanthin.

The bottom line: Romaine (or any other dark, leafy lettuce) is a better choice than iceberg!

Recipe of the Week: Cream of Lettuce Soup

- 3 tablespoons butter or margarine
- 1 onion, sliced
- 1 leek, finely chopped, including some of the green part
- 2 tablespoons all-purpose flour
- 1 iceberg lettuce, sliced
- 1 (10 ounce) package frozen peas
- 4 cups chicken broth
- salt and pepper
- 1/4 cup whipping cream
- sour cream (optional)

Melt the butter in a heavy saucepan. Add onion and leek. Saute for 5 minutes without letting them brown.

Stir in flour, combining it well with onion and leek.

Add lettuce, frozen peas and chicken broth. Season with salt and pepper.

Bring to boiling. Simmer for 3 minutes (no longer than this). Remove from heat. Cool a little and blend in cream.

Puree in blender. Return to saucepan and reheat to serve or serve well chilled with a dollop of sour cream, if you wish.

New Board of Directors Elected & Officers Chosen

Our new board of directors was elected at the member meeting. Thanks to board members Betty Bolyard and Ken Ruggles for their years of service to the organization. Our new board consists of:

- Max Dubansky (President)
- George Beckman (Vice President)
- Grace Robertson (Secretary)
- Steve Vortigem (Treasurer and new board member)
- Katelyn Gnegy (new board member, and our first youth board member!)
- Allen Lilly
- Paul Perrine
- John Slawter
- Dayton Bolyard

Congratulations to our board, and may they lead our organization to success!

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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