

Week of June 13, 2009

Vol 2, Issue 2



What's Fresh

at the
Mountain Fresh
Farmers Markets
Oakland, MD

Dear Cheryl,

We're going strong at the Oakland farmers markets! Join us Wednesday and Saturday for a wonderful variety of fresh spring vegetables.

What's Fresh This Week?

Fresh Produce:

Asparagus
Greens
Green Onions
Lettuce
Sugar Snap Peas



We'll also have:

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

And more!

Swiss Chard - Packed full of Nutrition!

- Low in Saturated Fat & Cholesterol
- High in Dietary Fiber, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese, Thiamin, Folate and Zinc. Also high in Sodium.

Recipe of the Week: Sautéed Swiss Chard

1 lb swiss chard, washed, bottom stem removed*, coarsely chopped (2" square)
1 1/2 teaspoons olive oil
2 garlic cloves, minced



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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

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](#)

pepper

Heat oil in a wok or skillet.

Saute garlic for about 1 minute.

Have medium-high heat and saute the swiss chard for about 2-3 minutes. (Water clinging to the leaves after washing is enough liquid to cook the chard).

Toss (do not over cook) until just wilted and getting soft.

Season with pepper and serve.

***Note:** For added nutrition and texture, chop the bottom stems, add them to the pan first, add a little water, and cover to steam until soft. Then add the leaves and continue as the recipe says.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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