



What's Fresh

at the
Mountain Fresh
Farmers Markets
Oakland, MD

Greetings from the Mt. Fresh Board!

We're getting more variety this week! We hope you join us Wednesday or Saturday.

What's Fresh This Week?

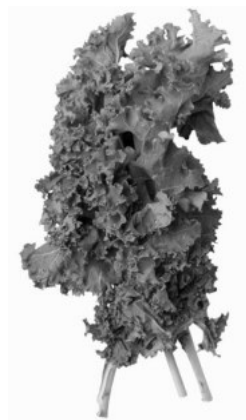
Fresh Produce:

Asparagus
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

And more!



Kale - Delicious and Nutritious!

- excellent source of vitamin A, vitamin C and manganese
- very good source of dietary fiber, copper, calcium, vitamin B6 and potassium.

Kale can be added to soups and omelets, used as a pizza topping, used in quiche dishes, sauteed with garlic, and more!

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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! They will hopefully be available soon!

Quick Links

[Mountain Fresh Website](#)

[Why Buy Local?](#)

[Garrett County Farms](#)

[Maryland Dept of Agriculture](#)

[Garrett Co. Extension Office](#)

Farmers Market Humor

My wife's a water sign. I'm an earth sign.
Together we make mud.

- Rodney Dangerfield

Recipe of the Week: Greens Bake (Kale Quiche)

6 free-range eggs, beaten
1 bunch (about 1 gallon) fresh greens (kale, collards, Swiss chard, spinach, etc.)
1 medium onion (or 3-4 scallions), minced
1/2 red bell pepper, chopped into 1/4 inch pieces (optional)
3 cloves garlic (or 1 stalk green garlic or two garlic scapes), minced
3/4 cup milk of your choice (cow, goat, rice, etc.)
2 cups finely shredded cheese of your choice
1/2 tsp pepper
1 tsp salt, optional
1 Tbs olive oil

Preheat oven to 350 degrees.

Wash greens. Strip leaves from stalks. Chop stalks into 1/4 inch pieces and set aside. Chop greens into bite-sized pieces.

Bring a large pot of water to a boil. Add chopped stalks. Cook until almost tender (collard stalks take longer than spinach or Swiss chard - should take about 5-10 minutes). Add chopped leaves and cook until tender (again, it varies with the greens, about 3-8 minutes.) Drain, then press with a fork to remove as much water as you can. (You can reserve the nutritious water and freeze for later use in soups).

In the meantime, in a heavy skillet over medium heat, sauté onions and peppers in olive oil until onions are translucent. Add garlic, sauté about 2 minutes more. (If you want to skip this step, just throw these ingredients in with the stalks and cook them all together, though sauteeing brings out the flavor of the peppers and onions better).

Grease a 9 x 12 casserole. Pour in all the ingredients and mix well. (You can also throw everything in the food processor for a more uniform texture.) The mixture will be thick, and you may need to press it into the corners and smooth the top with a spoon. (Or mix this up in a bowl and spoon it into regular or mini-muffin cups to make beautiful individual appetizers.)

Bake for 25-35 minutes, until set in center (less if using muffin cups). Slice and serve warm or at room temperature.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association