



What's Fresh
at the
Mountain Fresh
Farmers Markets
Oakland, MD

Greetings from the Mt. Fresh Board!

Despite some frost on Tuesday morning, we still have lots of fresh produce, plus fall pumpkins are coming in!



The **Master Gardeners are back!** On select Saturdays at the Oakland Market, come visit their booth to ask your home lawn & garden questions. Bring your "sick" plants for a diagnosis and treatment plan! Get help in identifying insects. Ask about how to winterize your plants. See the schedule, below right.

The market is FULL of a **wonderful bounty** of fresh fruits, vegetables, berries, herbs, and more!

What's Fresh This Week?

Fresh Produce:

- Apples
- Basil
- Broccoli
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower (white, purple, orange)
- Eggplant
- Greens (Kale, Swiss chard, Collards, etc.)
- Green Beans
- Kohlrabi
- Lettuce
- Onions
- Patty Pan Squash
- Peppers
- Potatoes
- Radishes
- Raspberries



In This Issue

What's Fresh This Week?

Recipe of the Week

Ask a Master Gardener

Reusable Market Bags Available

Market Dates

June 6 - October 31

Wednesdays & Saturdays

10:00 am to 1:00 pm

Mt. Fresh Pavilion, off 2nd street in Oakland

Autumn Glory Market Schedule

We'll be open during Autumn Glory week, October 7-10! Join us:

Wednesday 10 am to 1 pm

Thursday 11 am to 5 pm

Friday 9 am to 5 pm

Saturday 9 am to 5 pm

We'll have additional vendors on Thursday, Friday, & Saturday with unique crafts, pet products, chainsaw carving, and more!

Get your Christmas shopping done early this year! Support our vendors!

"Ask a Master Gardener"

Table at the Market

The Master Gardeners will be back! On select Saturdays at the Oakland Market, come visit their booth to ask your home lawn & garden questions. Bring your "sick" plants for a diagnosis and treatment plan! Get help in identifying

Shiitake Mushrooms
Strawberries
Tomatoes
Watermelons
Winter Squash
Yellow Squash
Yellow Wax Beans
Zucchini

We'll also have:

Fresh eggs
Home-baked goods
Jams & Jellies
Cut Flowers
Plants
Homemade crafts
Honey
Hand Crafted Personal Care Items
Goat Milk Artisanal Cheeses
And more!

Recipe of the Week: Pumpkin Pie Spice Bread

2 cups sugar
1/4 cup oil
3/4 cup unsweetened applesauce
4 eggs, lightly beaten
1 (16 ounce) can solid-pack pumpkin or homemade pumpkin puree
3 1/2 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon cinnamon, ground
1 teaspoon nutmeg, ground
1/2 teaspoon clove, ground
1/2 teaspoon allspice, ground
1/2 cup water

In a large bowl, combine sugar, oil, applesauce and eggs.

Add pumpkin and mix well.

Combine dry ingredients; add to the pumpkin mixture alternately with water.

Pour into two greased 9-in. x 5-in. x 3-in. loaf pans.

Bake at 350 F for 60-70 minutes or until bread tests done. Cool in pans 10 minutes before removing to a wire rack; cool completely.

insects. Ask about how to winterize your plants. If they don't know the answer, they will find it for you!

Join them on the following Saturdays:

October 17, 24

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](#)
- [Garrett Co. Extension Office](#)

Farmers Market Humor

Q: What do you use to mend a jack-o-lantern?


A: A pumpkin patch...

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

Forward email

 **SafeUnsubscribe**®

This email was sent to deberryemail-orders@yahoo.com by info@mountainfresh.org.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) |

[Privacy Policy](#).

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

Email Marketing by

