



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

Greetings from the Mt. Fresh Board!

Cold-hardy plants are still producing! Plus get your gourds, winter squash, pumpkins, potatoes, and other storage crops!



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.

What's Fresh This Week?

Fresh Produce:

- Apples
- Broccoli
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Eggplant
- Greens (Kale, Swiss chard, Collards, etc.)
- Kohlrabi
- Lettuce
- Onions
- Patty Pan Squash
- Peppers
- Potatoes
- Radishes
- Shiitake Mushrooms
- Strawberries
- Tomatoes
- Watermelons



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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

"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 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.

Winter Squash

We'll also have:

Fresh eggs

Home-baked goods

Jams & Jellies

Plants

Homemade crafts

Honey

Hand Crafted Personal Care Items

Goat Milk Artisanal Cheeses

And more!

Fruit/Veggie of the Week

Winter Squash

Winter squash is an excellent source of vitamin A. It is also a very good source of vitamin C, potassium, dietary fiber, and manganese. In addition, winter squash is a good source of folate, omega-3 fatty acids, thiamin, copper, vitamin B5, vitamin B6, niacin and copper.

Varieties of winter squash include:

Butternut squash: Shaped like a large pear, this squash has cream-colored skin, deep orange-colored flesh and a sweet flavor. The flesh is particularly smooth, and makes great pumpkin pies.

Acorn squash: With an outer color of dark green, yellow, or speckled orange/yellow/green, with pale yellow-orange flesh, this squash has a unique flavor that is a combination of sweet, nutty and peppery.

Delicata squash: White or cream oval shaped fruits with green stripes, this squash has a sweet, nutty flavor.

Spaghetti squash: Large oval shaped fruits with a flesh that, when cooked, resembles the consistency of spaghetti.

Hubbard squash: A larger-sized squash that can be dark green, grey-blue or orange-red in color, the Hubbard's flavor is less sweet than many other varieties.

Turban squash: Green in color and either speckled or striped, this winter squash has an orange-yellow flesh whose taste is reminiscent of hazelnuts.

Tips for Preparing Winter Squash:

After washing winter squash, cut it in half with a heavy chef's knife and remove the seeds and fibrous material in the cavity.

Depending upon the recipe preparation, you can either use it peeled or unpeeled. Alternatively, pierce the squash near the stem with a knife to allow any steam to escape, then bake in a 350°F(175°C) oven for 45 minutes to an hour, until a knife can be easily inserted near the stem. As you would before carving a pumpkin, cut out a small circle around the stem, remove this piece from the

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

Why did the little pumpkins cross the road?

To go to school.

But isn't it dangerous for pumpkins to cross a road?

No, they always wait for the crossing GOURD!

What did the pumpkins study at school?

Math.

What did they learn?

How to make pi.

Pi R Squared?

No. Pies are round!

squash, and scoop out the seeds and fibrous material in the cavity.

A Few Quick Serving Ideas:

- Top puréed cooked winter squash with cinnamon and maple syrup.
- Steam cubes of winter squash and then dress with olive oil, tamari, ginger and pumpkin seeds.
- Top "strings" of spaghetti squash with pasta sauce.
- Add cubes of winter squash to your favorite vegetable soup recipe.

Recipe of the Week: Apple Filled Acorn Squash

3 acorn squash
2 apples, chopped
1/2 cup walnuts, chopped
1 tablespoon orange rind, grated
1/2 cup brown sugar
2 tablespoons margarine, melted
Preheat oven to 350 deg F.

Cut squash in half lengthwise and scrape out seeds. Place cut side down in baking dish and bake for 25 minutes.

In the meantime, prepare other ingredients and mix well.

Turn squash cut side up, fill with apple mix and continue baking for 20 minutes, or until squash is tender.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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