



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

Greetings from the Mt. Fresh Board!

2 more weeks to go! Our last market is October 31.

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



This is the last week to ask your questions of our ***Master Gardeners!*** 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
- Carrots
- Cauliflower
- Eggplant
- Greens (Kale, Swiss chard, Collards, etc.)
- Lettuce
- Onions
- Potatoes
- Radishes
- Winter Squash



We'll also have:

- Fresh eggs
- Home-baked goods
- Jams & Jellies
- Homemade crafts
- Honey
- Hand Crafted Personal Care Items
- Goat Milk Artisanal Cheeses
- 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

"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.

Here's the front of the new bag (the back has the "Maryland's Best" logo and website listed):

Recipe of the Week: Hearty Kale Soup

1 tablespoon olive oil
1 lb fresh chorizo sausage (or other sausage)
1 quart plus 2 cups chicken broth
1 large onion, roughly diced
4 large potatoes, cubed
1 bunch kale, stemmed, washed & chopped
1 1/2 cups ditalini or other small pasta
2 cups shell beans, cooked (or a can of kidney beans)
fresh ground black pepper
salt (optional)
Remove casing from sausage and cut into smaller than bit sized pieces.

Heat oil in a heavy soup pot; saute the sausage & onion just until the fat is rendered, about 3 to 5 minutes.

Drain on paper towels.

Add other ingredients except kale & pasta.

Bring to boil and simmer 10 minutes.

Add kale and pasta and simmer about 8 minutes until both are tender.

Taste for seasoning- depending on how spicy your sausage is, add salt and pepper to taste.

Serve piping hot.



Quick Links

[Mountain Fresh Website](#)

[Why Buy Local?](#)

[Garrett County Farms](#)

[Maryland Dept of Agriculture](#)

[Garrett Co. Extension Office](#)

Farmers Market Humor

An old farmer was sitting on his porch, holding a small piece of rope. His guest, a city man, asked, "What's the rope for?"

The farmer said, "It's my weather vane."

"How can you tell weather with that thing?" asked the city man.


"When it goes from side to side, it's windy. When it's wet, it's raining."

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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