



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

Greetings from the Mt. Fresh Board!

Come out and enjoy the expanding bounty at the market!

We've still got 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)
- Cherry Tomatoes
- Eggplant
- Grape Tomatoes
- Greens (Kale, Swiss chard, Collards, etc.)
- Green Beans
- Kohlrabi
- Lettuce
- Onions
- Patty Pan Squash



In This Issue

- What's Fresh This Week?
- Veggie/Fruit of the Week
- Preserving the Harvest Class
- Ask a Master Gardener
- Reusable Market Bags Available
- Farmers Market Humor
- Recipe of the Week

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

Peppers (hot, sweet, banana, bell, colored bell)
Potatoes
Radishes
Raspberries
Shiitake Mushrooms
Strawberries
Tomatoes (heirloom, Roma /paste, & hybrid)
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!

Broccoli

Broccoli's name is derived from the Latin word brachium, which means branch or arm, a reflection of its tree-like shape that features a compact head of florets attached by small stems to a larger stalk.

How to Select & Store

Choose broccoli with floret clusters that are compact and not bruised. They should be uniformly colored, either dark green, sage or purple-green, depending upon variety, and with no yellowing.

Broccoli is very perishable and should be stored in an open plastic bag in the refrigerator crisper where it will keep for a week.

A Few Quick Serving Ideas:

- Steam broccoli lightly to help preserve the most nutrients.
- Sprinkle lemon juice and sesame seeds over lightly steamed broccoli.
- Toss pasta with olive oil, pine nuts and healthy sautéed broccoli florets. Add salt and pepper to taste.
- Purée cooked broccoli and cauliflower, then combine with seasonings of your choice to make a simple, yet delicious, soup.
- Add broccoli florets and chopped stalks to omelets.
- Sauté broccoli and onion, then add to your favorite breakfast omelet and serve with

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 3, 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

Ploughing the Land:

A husband and wife were driving down a country lane on their way to visit some friends.

They came to a muddy patch in the road and the car

grilled tomatoes.

- Enjoy a bowl of tomato soup along with a salad including broccoli florets for lunch.
- Add lightly steamed broccoli florets to the tomato-paste toppings on your favorite pizza.
- Sauté broccoli florets along with other favorite vegetables, such as onions and mushrooms, add to pasta sauce and use to top whole wheat pasta or brown rice.
- For a quick snack, serve raw broccoli florets along with the carrot and celery sticks, dip and crackers.

Preserving the Harvest Class Offered

Quick Methods for Preserving Your Garden Harvest

Do you have a lot of garden produce but not a lot of time to spend on preserving it? The University of Maryland Extension Garrett County office is offering a class that will teach proper techniques for freezing your garden fruits and vegetables. Valuable tips will be presented on the proper handling, storage and usage of frozen foods. A demonstration will be given on how to freeze corn and apples and how to flash freeze berries. Canning techniques will be described and the pros and cons of freezing versus canning will be discussed. Take home resources will be provided for attendees.

This event is a collaborative effort between the Maryland Master Gardener Grow it Eat it program and the Supplemental Nutrition Assistance Program. Abbi Kifer, University of Maryland Extension Educator and Registered Dietician, will be presenting. **The class will be held at the Pleasant Valley Community Center on October 5th from 6:30 pm - 8:00 pm. There is no charge.** A minimum number is needed to run this class. To help us plan accordingly, please call the University of Maryland Extension Garrett County office at **301-334-6960 to register.**

It is the policy of the University of Maryland Extension that no person shall be subjected to discrimination on the grounds of race, color, gender, religion, national origin, sexual orientation, age, marital/parental status, or disability. If you have questions about the class or if you have a disability that requires special assistance, please call Sherry Frick at 301-334-6960 by September 30, 2009.

became bogged.

After a few minutes of trying to get the car out by themselves, they saw a young farmer coming down the lane, driving some oxen before him. The farmer stopped when he saw the couple in trouble and offered to pull the car out of the mud for \$50. The husband accepted and minutes later the car was free.

The farmer turned to the husband and said, "You know, you're the tenth car I've helped out of the mud today."

The husband looks around at the fields incredulously and asks the farmer, "When do you have time to plough your land?...At night?"

"No," the young farmer replied seriously, "Night is when I put the water in the hole."

Recipe of the Week: Easy Pan Roasted Broccoli

3 tablespoons water

1/4 teaspoon salt

1/8 teaspoon pepper

2 tablespoons vegetable oil

1 1/4 lbs broccoli, separated into small florets, and peeled stems, sliced (about 5 cups florets and 3/4 cup stems in total)

Stir water, salt, and pepper together in small bowl, til salt dissolves.

In a large skillet, heat oil over medium high then add the broccoli stems in an even layer.

Don't stir for about two minutes until they get light browned.

Add the florets and toss to combine and don't stir for another two minutes, until they just begin to brown.

Add water spice mixture and cover pan with lid, cooking for two minutes.


Uncover and cook until desired doneness.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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