



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!

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. 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
- Carrots
- Cauliflower (white, purple, or orange)
- Cherry Tomatoes
- Cucumbers
- Dill
- Eggplant
- Fennel
- Grape Tomatoes
- Greens (kale, Swiss chard, etc.)
- Green Beans
- Green Onions
- Lettuce
- Onions
- Oyster Mushrooms
- Patty Pan Squash



In This Issue

- What's Fresh This Week?
- Veggie/Fruit of the Week
- Nut Buying Coop Opportunity
- Ask a Master Gardener
- Preserving the Harvest for Winter
- 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

"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.

Join them on the following Saturdays:

September 19 & 26
October 3, 17, 24

Bulk Produce - an easy & economical way to feed your family this winter!

Many of our farmers offer bulk produce this time of year. With a little effort, you can

Peaches
Peppers (hot, sweet, banana, etc.)
Potatoes (red, white, purple)
Radishes
Raspberries
Shiitake Mushrooms
Strawberries
Peas
Sweet Corn
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
Meats (Wednesdays)
Goat Milk Artisanal Cheeses

And more!

Cauliflower

Cauliflower, a cruciferous vegetable, is in the same plant family as broccoli, kale, cabbage and collards.

It has been an important vegetable in Turkey and Italy since at least 600 B.C.

The United States, France, Italy, India and China are countries that produce significant amounts of cauliflower.

How to Select and Store

When purchasing cauliflower, look for a clean, compact head in which the bud clusters are not separated. Store uncooked cauliflower in a paper or plastic bag in the refrigerator where it will keep for up to a week.

Tips for preparing cauliflower

Cauliflower florets are the part of the plant that most people eat. However, the stem and leaves are edible too and are especially good for adding to soup

preserve some fresh goodness from the market and enjoy it all winter!

Freezing Green Beans: Snip the ends, wash, then dunk in boiling water for three minutes. Remove, drain, and dunk in ice water to cool. Drain. Place in freezer bags, squeeze out extra air, then label and freeze. To use, remove from bag and place the frozen beans into a pot of boiling water or a preheated steamer or saute pan. Cover and cook, stirring occasionally, until crisp-tender.

Freezing tomatoes:

Wash tomatoes. Drop into boiling water until the skins get loose (2-3 minutes). Remove, drain, then peel and core. Place in freezer bags and freeze.

Storing potatoes:

Potatoes need a dark, cool, moderately moist environment. Store them in a bin under your kitchen sink (if it is dark enough) or in a dark corner of your basement. Check them every two weeks or so (or more often) to make sure none have started to rot. Remove any bad potatoes or the rot will spread.

Freezing Peppers:

Cut open the peppers, remove the stem, seeds, and inner veins. Cut into desired sized pieces. Place in a single layer on a cookie sheet and freeze. Remove from the cookie sheet and place in a freezer bag. The pieces won't stick together, and you can remove as many from the bag as you want this winter.

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

stocks.

To cut cauliflower, first remove the outer leaves and then slice the florets at the base where they meet the stalks. You can further cut them, if you desire pieces that are smaller or of uniform size. Trim any brown coloration that may exist on the edges.

A few quick serving ideas:

- Healthy sauté cauliflower with garlic, minced ginger and tamarind.
- For cauliflower with a vivid yellow color, "healthy sauté" it briefly with a spoonful of turmeric or generous pinch of saffron.
- Puree cooked cauliflower, add fennel seeds and your other favorite herbs and spices and serve as soup.
- Because of its shape and taste, cauliflower florets make wonderful crudite for dipping in sauces.

Coop Buying Opportunity

I am trying to organize a co-op to purchase truly raw almonds that have not been pasteurized. California's mandatory pasteurization law means that almond growers cannot sell raw almonds to retailers anymore. Almonds are all being flash pasteurized. Enzymes cannot live when heated above 116 degrees, and the pasteurization is over 170 degrees. The almond growers just lost their lawsuit against the Almond Board over this issue.

We have a way of obtaining 100 lbs. per person, legally, because growers are allowed to sell up to 100 pounds per person per day from their roadside stands without pasteurization. Plan on stocking up and making sprouted teriyaki almonds or candied almonds. Contact me for the recipes.

Sure, pasteurized almonds have nutritional value, and lots of fiber. You just cannot sprout them, and soaking them is pointless, since enzyme inhibitors don't need to be neutralized to access enzymes . . . when the enzymes are dead.

The government hasn't regulated a lot of labeling with regard to nutrition. For instance, they can say something is "natural" when it's full of HFCS. They can say it's raw when it's pasteurized.

I have found a source and can purchase them for \$4.75 per pound (includes shipping) but need to purchase them in 100 pound quantities. The co-op members could purchase a few as 10 pounds (which is approx. one or two gallon ziplock bag size).

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

A farm boy accidentally overturned a wagonload of corn. He was furiously working to move the corn. A farmer, who lived nearby, heard the noise and yelled to the boy, "Hey, Willis, forget your troubles and come in for dinner & a visit. I'll help you pick the wagon up later."

"That's mighty nice of you," Willis answered, "but Pa wouldn't like me to."

"Aw, come on, boy," the farmer insisted.

"Well, OK" the boy finally agreed, "but Pa won't like it."

After a hearty dinner, Willis thanked his host. "I feel a lot better now, but I know Pa is going to be real upset."

"Don't be foolish," the neighbor said with a smile; "by the way, where is he?"

"Under the wagon," replied the boy.

Additional nuts may be available. An order will be placed in September for delivery in October.

You may reach me by phone at 301-501-3289 (cell), 301-387-9151 (home), or e-mail me at crfaux@hereintown.net

Feel free to forward this to others who may be interested in these highly nutritious nuts!

Thank you,
Cheryl Iden
McHenry, MD

Recipe of the Week: Easy Elegant Cauliflower

1 head cauliflower (rinsed and drained)
1/2 cup water
1/4 cup mayonnaise
2 tablespoons Dijon mustard
1/2 cup shredded sharp cheddar cheese

Cut cauliflower into 8 to 12 large floret pieces, discarding the core. Place florets in microwaveable casserole dish. Add the water; cover. Microwave on HIGH for 7-9 minutes. (Be sure to not let the cauliflower overcook to mushy-ness). Drain. Return cauliflower to same dish.

Hint: cook cauliflower evenly by placing the larger pieces to the outside of the dish.

Mix the mayo and mustard. Spread over the cauliflower; sprinkle with the cheese.

Microwave on HIGH 1 to 2 minutes or until the cheese is melted. (You can also put it under the broiler for this step).

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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