



***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, orange)
- Cherry Tomatoes
- Cucumbers
- Eggplant
- Fennel
- Grape Tomatoes
- Greens (kale, Swiss chard, etc.)
- Green Beans
- Green Onions
- Lettuce
- Onions
- Oyster Mushrooms
- Patty Pan Squash
- Peppers (hot, sweet, banana, bell, colored bell, etc.)
- Potatoes (red, white, purple)
- Radishes
- Raspberries
- Shiitake Mushrooms
- Strawberries



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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.

**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

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!**

### Cabbage

Cabbage, a member of the Cruciferae family, is related to kale, broccoli, collards and Brussels sprouts. Cabbage has a round shape and is composed of superimposed leaf layers. There are three major types of cabbage: green, red and Savoy. The color of green cabbage ranges from pale to dark green while red cabbage has leaves that are either crimson or purple with white veins running through. Both green and red cabbage have smooth textured leaves. The leaves of Savoy cabbage are more ruffled and yellowish-green in color.

#### Cabbage History

It is thought that wild cabbage was brought to Europe around 600 B.C. by groups of Celtic wanderers. It was grown in Ancient Greek and Roman civilizations that held it in high regard as a general panacea capable of treating a host of health conditions.

Sauerkraut, a dish made from fermented cabbage, has a colorful legacy. Dutch sailors consumed it during extended exploration voyages to prevent scurvy. Early German settlers introduced cabbage and the traditional sauerkraut recipe were introduced into the United States. As a result of this affiliation, German soldiers, and people of German descent were often referred to as "krauts."

#### How to Select and Store

Choose cabbage heads that are firm and dense with shiny, crisp, colorful leaves free of cracks, bruises and blemishes.

Keeping cabbage cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. Red and green cabbage will keep this way for about 2 weeks while Savoy cabbage will keep for about 1 week.

#### A few quick serving ideas:

- Cabbage leaves are a great way to inspire leftovers. Spoon some leftovers such as rice

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

#### Canning: The National Center for Home Food Preservation at

the University of Georgia is a great online resource for all your canning questions. It includes instructions on the following preservation techniques:

Freeze  
Dry  
Cure & Smoke  
Ferment  
Pickle  
Make Jam & Jelly  
Store

All those new to canning should also pick up a copy of the Ball (r) Blue Book of Preserving. This home canning / freezing / dehydrating guide was first published in 1909, but has been updated periodically to include recipes that fit today's tastes. It's available at a couple of stores locally (Naylor's, Manor Home Center, probably others) or online ([www.amazon.com](http://www.amazon.com)) Published by Alltrista Consumer Products Company ISBN 0-9727537-0-2

### 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):



salad or a vegetable mixture onto the center of a cabbage leaf and roll into a neat little package. Bake in medium heat oven until hot. Enjoy your easy and healthy version of stuffed cabbage, a traditional eastern European dish.

- Braised red cabbage with a chopped apple and red wine. This is a child-friendly dish, since the alcohol (but not the flavor or the flavonoids) will evaporate.
- Combine shredded red and white cabbage with fresh lemon juice, olive oil, and seasonings such as turmeric, cumin, coriander and black pepper to make coleslaw with an Indian twist.
- Sauté cabbage and onions and serve over cooked buckwheat for a hardy side dish.
- Use shredded raw cabbage as a garnish for sandwiches.

### 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).

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](mailto: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

### Quick Links

[Mountain Fresh Website](#)

[Why Buy Local?](#)

[Garrett County Farms](#)

[Maryland Dept of Agriculture](#)

[Garrett Co. Extension Office](#)

### Farmers Market Humor

#### Farm Animal Jokes:

Q: What do you give a sick pig?

A: Oinkment!

Q: What do cows like to dance to?

A: Any kind of moosic you like!

Q: What kind of bird lays electric eggs?

A: A battery hen!

Q: What do you get if you cross a male cow with a tadpole?

A: A bullfrog!

Q: What game do cows play at parties?

A: Moosical chairs!

Q: What do you give a pony with a cold?

A: Cough Stirrup!

Q: Where do milkshakes come from?

A: Excited cows!

Q: What did the neurotic pig say to the farmer?

A: You take me for grunted.

Q: When is a farmer like a magician?

A: When he turns his cow to pasture.

Q: Why did the farmer call his pig "Ink"?

A: Because it was always running out of the pen.

Q: What do you call cattle with a sense of humor?

A: Laughing stock.

## Recipe of the Week: Frizzled Cabbage

1/2 medium green cabbage  
2 tablespoons butter (or more if you are feeling decadent)  
salt and pepper

Core and very thinly slice the cabbage.

Melt the butter in a large skillet over medium heat.

When it is bubbling, add the cabbage.

Salt and pepper the cabbage.

Stir occasionally and cook until mostly wilted, about 10 minutes.

Turn the heat down to medium-low and let cook, stirring frequently, until cabbage is starting to caramelize (brown), about 10 minutes.

Do not let burn.

Taste, adjust seasoning, and serve immediately.

You can add different spices to this recipe: curry, caraway seeds, or hot pepper sauce are just suggestions.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

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