



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



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

Strawberries
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!

Garlic

For a small vegetable, garlic (*Allium sativum*) sure has a big, and well deserved, reputation. This member of the Lily family, a cousin to onions, leeks and chives, can transform any meal into a bold, aromatic and healthy culinary experience. Garlic is arranged in a head, called the "bulb," which is made up of separate cloves. Both the cloves and the entire bulb are encased in paper-like sheathes that can be white, off-white or pinkish.

Native to central Asia, garlic is one of the oldest cultivated plants in the world and has been grown for over 5000 years. Ancient Egyptians seem to have been the first to cultivate this plant that played an important role in their culture. Garlic was not only bestowed with sacred qualities and placed in the tomb of Pharaohs, but it was given to the slaves that built the Pyramids to enhance their endurance and strength.

How to select and Store:

Purchase garlic that is plump and has unbroken skin. Gently squeeze the garlic bulb between your fingers to check that it feels firm and is not damp.

Store fresh garlic in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight. This will help maintain its maximum freshness and help prevent sprouting, which reduces its flavor and causes excess waste. Do not refrigerate garlic. Depending upon its age and variety, whole garlic bulbs will keep fresh from two weeks to two months. Inspect the bulb

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:

September 26
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

Technical Terms for Country Folk:

Log on: making a wood stove hotter

frequently and remove any cloves that appear to be dried out or moldy. Once you break the head of garlic, it greatly reduces its shelf life to just a few days.

Tips for Preparing Garlic:

The first step to using garlic (unless you are roasting the entire bulb) is to separate the individual cloves. An easy way to do this is to place the bulb on a cutting board or hard surface and gently, but firmly, apply pressure with the palm of your hand at an angle. This will cause the layers of skin that hold the bulb together to separate.

To separate the skin from the individual cloves, place a clove with the smooth side down on a cutting board and gently tap it with the flat side of a wide knife. You can then remove the skin either with your fingers or with a small knife.

You can also put cloves in a garlic press, which eliminates the need for peeling.

A Few Quick Serving Ideas:

- Marinate pressed garlic in olive oil and use this flavored oil in dressings and marinades.
- Purée fresh garlic, canned garbanzo beans, tahini, olive oil and lemon juice to make quick and easy hummus dip.
- Sauté steamed spinach, garlic, and fresh lemon juice.
- Add garlic to sauces and soups.
- Purée roasted garlic, cooked potatoes and olive oil together to make delicious garlic mashed potatoes. Season to taste.

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

Log off:

don't add no more wood

Monitor: keeping an eye on the wood stove

Download: gettin the farwood off the truck

Mega Hertz: when yer not keeful getting the farwood

Floppy disc:

whatcha git from tryin to carry too much farwood

Ram:

that thar thing what splits the farwood

Hard drive:

gettin home in the winter time

Prompt:

whut the mail ain't in the winter time

Windows:

what to shut when it's cold outside

Screen:

what to shut when it's blak fly season

Byte:

what dem flys do

Chip: munchies fer the TV

Micro Chip: whut's in the bottom of the munchie bag

Modem: whacha did to the hay fields

Dot Matrix: Old Dan Matrix's wife

Lap Top: whar the kitty sleeps

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.

Keyboard: whar ya hang the keys

Software: them plastic forks and knives

Mouse: what eats the grain in the barn

Mouse Pad: thatz hippie talk for the rat hole

Main frame: holds up the barn ruf

Port: fancy Flatlander wine

Enter: northerner talk fer C'Mon in y'all

Random Access Memory: when ya cain't 'member what ya paid fer the.....

Recipe of the Week: Garlic Lover's Fettuccini

1 lb zucchini, cut in 2-inch julienne strips
1/3 cup olive oil
3 teaspoons garlic, finely minced
3/4 lb whole wheat fettuccine
3/4 cup parmesan cheese, freshly grated (more for garnish, if desired)
3 tablespoons fresh parsley, chopped
Salt & pepper, to taste
OPTIONAL ADDITIONAL HERBS
fresh basil, chopped (optional)
fresh sage leaf, chopped (optional)
fresh thyme leaf, chopped (optional)
fresh marjoram, chopped (optional)
Steam the zucchini 5 minutes and remove from the heat.

Begin bringing water to a boil in a large pot for the pasta.

Meanwhile, heat the olive oil with the garlic in a small pan over very low heat. The garlic should simmer very gently, never turning brown, but just golden. (If it cooks too quickly, it will burn.) It should simmer for about 10 minutes. When it is golden and the oil aromatic, remove from the heat.

Cook the pasta al dente, and when it is done, spoon into the serving dish and toss with the oil and garlic, and the remaining ingredients.

Serve at once, passing additional Parmesan cheese.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

Forward email

SafeUnsubscribe®

This email was sent to deberryemail-orders@yahoo.com by info@mountainfresh.org.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Mt. Fresh Producers Assn. | c/o Garrett Co. Extension | 1916 Maryland Hwy, Suite A | Oakland | MD | 21550

Email Marketing by

