



## *What's Fresh*

at the  
Mountain Fresh  
Farmers Markets  
Oakland, MD

### What's Fresh This Week?

#### Fresh Produce:

Apples  
Basil  
Broccoli  
Cabbage  
Carrots  
Cauliflower (white, purple, 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  
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



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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

### Fresh Ideas for Packing Healthy School Lunches

- Send a salad in a small plastic container. Keep the dressing on the side in a separate smaller container.
- Make a fruit salad with berries, watermelon, and other fresh fruit.
- Pack a cold pasta salad, cole slaw, or potato salad.
- Carrot sticks, cauliflower and broccoli florets, and baby summer squash sticks with a small container of vegetable dip.
- Crunchy raw green beans with a small container of ranch or french onion dip.

### Reusable Market Bags

**The new bags are here!** We again

Honey  
Hand Crafted Personal Care Items  
Meats (Wednesdays)  
Goat Milk Artisanal Cheeses  
And more!

## Eggplant

The ancient ancestors of eggplant grew wild in India and were first cultivated in China in the 5th century B.C. Eggplant was introduced to Africa before the Middle Ages and then into Italy, the country with which it has long been associated, in the 14th century.

### How to Select and Store

Choose eggplants that are firm and heavy for their size. Their skin should be smooth and shiny, and their color, whether it be purple, white or green, should be vivid. They should be free of discoloration, scars, and bruises, which usually indicate that the flesh beneath has become damaged and possibly decayed. The stem and cap should be bright green in color.

Although they look hardy, eggplants are actually very perishable and care should be taken in their storage. Eggplants are sensitive to both heat and cold and should ideally be stored at around 50 degrees Fahrenheit (10 degrees Celsius). Do not cut eggplant before you store it as it perishes quickly once its skin has been punctured or its inner flesh exposed. Place uncut and unwashed eggplant in a plastic bag and store in the refrigerator crisper where it will keep for a few days.

### Tips for Preparing Eggplant

When cutting an eggplant, use a stainless steel knife as carbon steel will react with its phytonutrients and cause it to turn black. Wash the eggplant first and then cut off the ends. Most eggplants can be eaten either with or without their skin. However, the larger ones and those that are white in color generally have tough skins that may not be palatable. To remove skin, you can peel it before cutting or if you are baking it, you can scoop out the flesh once it is cooked.

To tenderize the flesh's texture and reduce some of its naturally occurring bitter taste, you can sweat the eggplant by salting it. After cutting the eggplant into the desired size and shape, sprinkle it with salt and allow it to rest for about 30 minutes. This process will pull out some of its water content and make it less permeable to absorbing any oil used in cooking. Rinsing the eggplant after "sweating" will remove most of the salt.

Eggplant can be baked, roasted in the oven, or steamed. If baking it whole, pierce the eggplant several times with a fork to make small holes for the steam to escape. Bake at 350 degrees Fahrenheit (about 177 degrees Celsius) for 15 to 25 minutes, depending upon size. You can test for its readiness by gently inserting a knife or fork to see if it passes through easily.

### A Few Quick Serving Ideas

- For homemade babaganoush, purée roasted eggplant, garlic, tahini, lemon juice and olive oil. Use it as a

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

### Vegetable "Groaners"

Q: Why did the tomato turn red?  
A: Because it saw the salad dressing

Q: What vegetable might you find in your basement?  
A: Cellar-y.

Q: What is green and goes to a summer camp?  
A: A Brussels' scout.

Q: What vegetable do you need a plumber for?  
A: A Leek.

Q: Why do potatoes make good detectives?  
A: Because they keep their eyes peeled.

Q: Where did the vegetables go to have a few drinks?  
A: The Salad Bar.

- dip for vegetables or as a sandwich filling.
- Mix cubed baked eggplant with grilled peppers, lentils, onions and garlic and top with balsamic vinaigrette.
- Stuff miniature Japanese eggplants with a mixture of feta cheese, pine nuts and roasted peppers.

### 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

Q: What is small, red and whispers?  
A: A hoarse radish.

Q: What vegetable can tie your stomach in knots?  
A. String beans

Q: Why is it not wise to tell secrets in a cornfield?  
A: There are too many ears.

Q: When is a cucumber like a strawberry?  
A: When one is in a pickle and the other is in a jam.

Q: What did the lettuce say to the celery?  
A: Quit stalking me.

Q: What do you say to rotten lettuce?  
A: You should have your head examined.

### Recipe of the Week: Easy Grilled Eggplant

- 1 large eggplant
- 1/3 cup butter or margarine, melted
- 1 garlic clove, minced
- 1/2 teaspoon italian seasoning (make your own: mix basil, oregano, thyme & parsley)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Peel the eggplant, and then cut into 3/4-inch slices.

Combine butter, garlic, and Italian seasonings; stir well.

Brush eggplant slices with butter mixture, and sprinkle with salt and pepper.

Place eggplant on grill; grill over medium heat 10 minutes or until tender, turning and basting occasionally.

Thanks for your support of the Mountain Fresh Producers Association!

Sincerely,

Mountain Fresh Producers Association

Greetings from the Mt. Fresh Board!


Come out and enjoy the expanding bounty at the market!

## Join us Saturday: Customer Appreciation Day Corn Roast

Our annual corn roast will be held (as always) on Labor Day weekend Saturday, September 5. Get a free, fresh cooked ear of corn-on-the-cob just for being a great customer of our market!

The market is FULL of a **wonderful bounty** of fresh fruits, vegetables, berries, herbs, and more!

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