

## MONTHLY MARKET REPORT:

It's July and summer is finally here! Market has been going great so far, but things will really get kicking this month. You can expect to find more vendors with more selection every week this month. We'll also start selling on Wednesday mornings, in Elkins City Park, to give you Early Birds something to wake up for.

The weather is heating up and market is full of good stuff to grill -- so get out of the kitchen and fire up those grills. We have locally raised steaks and ground beef for hamburgers as well as mushrooms, zucchinis and all sorts of other vegetables that grill up well. Check out the grilled vegetable recipe inside this brochure for some ideas. And take home a loaf of fresh baked bread to accompany the grill feast.

You can expect to find some tasty berries at market this month: blueberries, raspberries and blackberries will all be coming into season.

We'll also be seeing the first squash and beans of the year. New potatoes, broccoli and cabbages will be around too. All these things can be spiced up with fresh herbs -- basil, oregano, rosemary and thyme.

If you're ever unsure what something is or what might be the best accompaniment to your vegetables don't hesitate to ask a farmer. They will certainly be full of good suggestions for you.

### Want more market updates?

We have a weekly email that comes out on Thursdays to let you know what will be at market the next week. Sign up at market!

### Things to look for at market this month:

arugula -- basil -- blueberries -- blackberries -- broccoli  
beets -- cabbage -- carrots -- collard greens  
green onions -- green beans -- lettuce -- mustard greens  
new potatoes -- swiss chard -- shelling peas -- zucchini

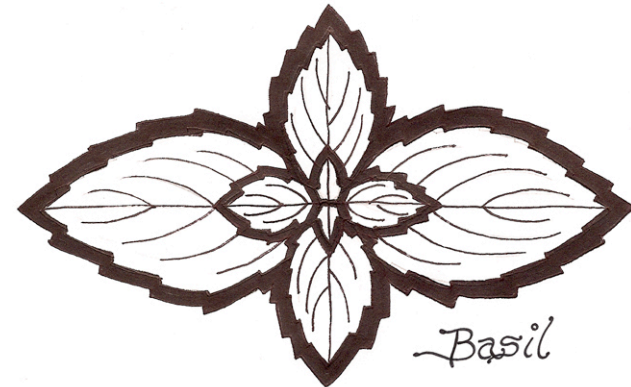
beef -- honey -- jams -- apple butter -- cookies -- scones  
sourdough bread -- whole grain bread -- cinnamon rolls -- eggs

cut flowers -- soap -- gourds -- fresh herbs -- mushrooms

# ELKINS farmers market

SATURDAYS at the Town Square  
9-NOON

Wednesdays beginning July 9th at 7-10am in Elkins City Park



## JULY 2008

Monthly Market Guide  
market updates,  
recipes and more

**The Elkins Farmers Market has a website!**

<http://randolphcountygotr.org/farm>

