

MONTHLY MARKET REPORT:

You've certainly noticed by now that the Farmers Market has a new location and time this year. You might not have noticed though, that there are new items that have never been available at the market before.

For the first time in 30 years of market, you can get buy meat. On Saturdays this month, come get local beef, raised naturally in Buckhannon. A range of cuts and prices mean this can fit into anybody's food budget. Give it a try and see if you notice a difference from the grocery store beef.

Along with the beef, you'll find an ever increasing selection of breads and other baked goods. Sourdough loaves, bagels, scones, cinnamon rolls and Italian cookies show up regularly.

Your veggie choices are brightening up this month as well, with lots more greens, beets and radishes. We'll have asparagus this month and in a couple more weeks you can expect to find some sugar snap peas and the year's first fruits: strawberries!

Come by, try some samples and take some of these delicious local products home with you for the week.

Have a recipe you'd like to see in the Monthly Brochure? Give it to one of the vendors and we'll use it if we can.

Things to look for at market this month:

peas -- lettuce -- spinach -- rhubarb -- broccoli -- beets
strawberries -- radishes -- green onions -- asparagus
cabbage -- mustard greens -- arugula -- basil -- green garlic

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

cut flowers -- soap -- gourds

ELKINS farmers market

SATURDAYS at the Town Square
9-NOON



JUNE 2008

Monthly Market Guide
market updates,
recipes and more

The Elkins Farmers Market has a website!

<http://randolphcountygotr.org/farm>

Wilted Lettuce Salad

1 head of lettuce, chopped coarsly	1/4 cup mild vinegar
4 or 5 slices of bacon	2 tsp. chopped fresh herbs
2 Tbsp bacon drippings, or butter/oil if not using bacon	1 Tbsp grated onion
	1 tsp. sugar
	sliced hard boiled eggs

Wash and chop lettuce.

Fry bacon until crisp. Cool and crumble. Heat bacon drippings (or oil) in small saucepan or skillet, add vinegar, herbs, bacon, onion and sugar and stir until all is mixed and dissolved.

Pour the hot dressing over the chopped lettuce.
Serve immediately, garnished with sliced eggs.

Grilled Asparagus

1 bunch fresh asparagus	1 lemon
1-2 cloves of garlic (or scapes)	3 large Tbsp honey
2-3 Tbsp olive oil	3 large Tbsp balsamic vinegar
salt and pepper to taste	

Heat an iron skillet or grill until very hot.

Combine asparagus, chopped garlic, oil, lemon, salt and pepper in mixing bowl. Mix well but keep asparagus pointing in the same direction.

Grill the asparagus 4-6 minutes on all sides. Remove to a plate and dress with honey and vinegar while still hot.

Garlic Scape Pesto

1/2 cup garlic scapes, finely chopped	1/2 cup olive oil
4 T fresh lemon juice	3 cups grated parmesan cheese
	salt to taste

Put garlic scapes and lemon juice in bowl of food processor with steel blade, and process until scapes are very finely chopped. With food processor running, add oil through the feed tube and process 2-3 minutes. Remove lid, add half of parmesan cheese and process 2 minutes, then add the rest of cheese and salt and process 2-3 minutes more.

Serve tossed with hot pasta. This would also be good on fish, as a topping for bread, or as a seasoning for cooked rice.

Rosemary Roasted Potatoes

1½ lbs small potatoes	1 tsp. garlic powder
1 Tbsp cornstarch	¼ tsp. salt
1 Tbsp chopped fresh rosemary (or 2 tsp dried rosemary)	¼ tsp black pepper
	2 Tbsp. vegetable oil

Rinse and quarter potatoes (makes sure they are fairly uniform, about 1"). Place potatoes in large ziplock bag with the cornstarch, rosemary, garlic powder, salt and pepper. Shake well to coat. Transfer to large baking pan and spread in single layer. Drizzle oil over the potatoes and bake 30 minutes at 450 degrees, stirring once halfway through. Serve immediately.