

MAY 2008

SATURDAYS at the
Town Square, 9-NOON

10. Opening Day
17.
24.
31.

May 10th - Opening Day for 2008

Ongoing - Cooking Demonstrations every Saturday this month led by chef Derrick Helzer.

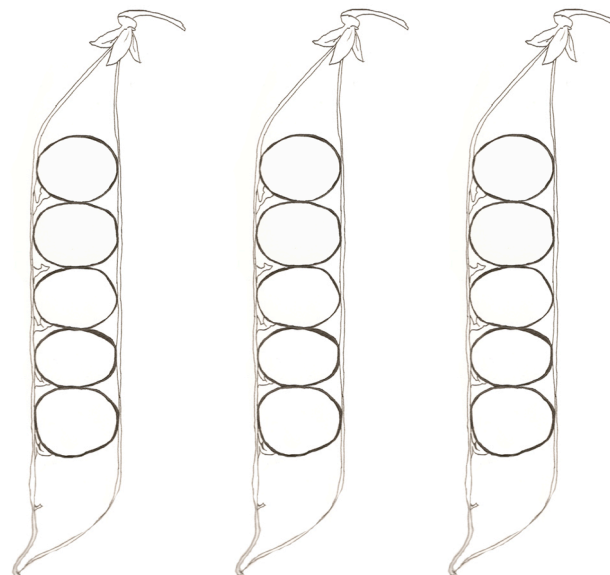
MONTHLY MARKET REPORT:

May's vegetables provide a breath of fresh air after a winter full of squash, root vegetables and canned goods. The market will be full of crisp, fresh green vegetables. The sweetest leafy greens of the year can be found here this month.

Also look for locally raised beef & lamb, farm eggs, fresh baked bread, cookies and much more ...

peas -- lettuce -- spinach -- rhubarb -- strawberries --
endive -- radish -- green onions -- asparagus -- cabbage --
mustard greens -- arugula

ELKINS farmers market



Monthly Market Guide

MAY 2008

market calendar,
recipes and more

NEW LOCATION: ELKINS TOWN SQUARE
(behind the railroad depot)

Rhubarb Crisp

from Corina Belan

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| 4 cups fresh rhubarb pieces | 2 cups sugar |
| 1 cup + Tbsp flour | 2 Tbsp. butter |
| ¼ tsp. salt | 1 tsp. baking powder |
| 1 large egg, beaten | 1 cup oatmeal |

Mix rhubarb, 1 cup sugar, 2 Tbsp flour and butter. Place in 8 or 9 inch square pan. Let stand. Mix all remaining ingredients until crumbly. Place on top of mixture in pan. Shake or push down through rhubarb. Bake 40 minutes at 375 degrees.

Asparagus with Pasta

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| 1 Tbsp + 1 tsp salt | 1 pound spaghetti noodles |
| 4 Tbsp olive oil | 1 pound asparagus cut to 1" |
| 1/2 tsp black pepper | 1 cup walnuts, chopped |
| 4 c. arugula or spinach leaves | 6 oz. feta cheese (optional) |
| 2 Tbsp cider vinegar | 1 apple, peeled, to garnish |

Bring 4 quarts water to boil in stockpot. Add 1 Tbsp salt and pasta. Stir to separate. When cooked, drain and return to pot.

While pasta cooks, heat 2 Tbsp oil in skillet over high heat. Add asparagus, pepper & remaining salt. Cook, without stirring, until asparagus begins to brown (about 1 minute). Add walnuts and continue to cook, stirring frequently, until asparagus is tender and nuts are toasted (about 4 minutes). Toss in arugula until wilted. Add asparagus mixture, cheese, vinegar & remaining oil to pasta in stockpot. Toss to combine. Serve immediately, grating apple over individual servings.

Crunchy Almond Slaw

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| 1 pound of cabbage, grated | 1 tsp. margarine |
| 1/2-3/4 cup slivered almonds | 3 Tbsp sugar |
| 1/4 cup sunflower seeds | seasoning packet from noodles |
| 1 small onion, finely chopped | 3 T sugar |
| 1 bag chicken ramen noodles,
broken up | 3 T vinegar |
| | 1/3 cup oil |

Saute almond slivers over low heat with margarine and 3 Tbsp of sugar until light brown. Remove from heat and let cool.

Break up ramen noodles and toss with cabbage, sunflower seeds, onion and noodles.

Combine the rest of the sugar, vinegar and oil in a jar and shake to mix. Dress slaw with the mixture immediately before serving.

Breakfast Nest

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| 2 Tbsp olive oil or butter | 2-3 cloves garlic, chopped |
| 1 small onion, chopped | 4 large eggs |
| large bunch of greens,
chopped (spinach, arugula,
mustard greens, swiss
chard, etc.) | salt |
| | black pepper |
| | green onions, chopped |

Saute chopped onion, garlic and a dash of salt in oil over medium heat. When they are becoming soft, add chopped greens and stir until they turn limp - just a minute or so.

Make 4 depressions in the greens in the pan and break one egg into each. Cover pan and let eggs poach for 3-4 minutes.

Garnish with black pepper and green onion pieces. Serve with toast.

serves 4, but recipe is easy to double or halve