

MONTHLY MARKET REPORT:

Are you tired of eating zucchinis yet? We aren't because there's so many great things you can do with them. Two of the recipes in this month's brochure specifically include zucchini in them, but actually, it can easily be added to all four of the recipes you'll find inside. Try them out, maybe you'll find a new favorite way to eat the classic summer vegetable.

Another favorite summer vegetable is the tomato, but goodness knows this fantastic fruit of the summer garden is good for much more than just spaghetti sauce and salads. Try mixing up a batch of summer salsa (recipe inside) to share with your friends or family. Spice things up a bit with curried tomatoes or simply slice them, top with garlic chunks and olive oil and stick them under your broiler until they are sizzling and brown on top. A simple snack that is best at this time of the year.

Melons are coming on fast around Randolph County this month, too. Look for watermelons, cantalopes and a few with names we can't even spell correctly. Luckily, difficult names or not, they all taste delectable.

So many vegetables are fresh and at their prime at this time of the year, just coming to market gives you a glimpse of what eating seasonally can truly be. Take a few pieces of the season home with you each week, and enjoy it while it lasts!

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:

basil -- apples -- broccoli -- beets -- cantalope
cabbage -- carrots -- collard greens -- kale -- peppers
green onions -- green beans -- garlic -- corn
tomatoes -- eggplant -- peppers -- potatoes
swiss chard -- zucchini -- pumpkins

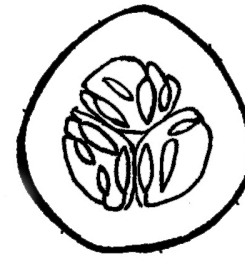
beef -- honey -- jams -- apple butter -- cookies -- scones
sourdough bread -- whole grain bread -- cinnamon rolls -- eggs

cut flowers -- soap -- fresh herbs -- sewing crafts

ELKINS farmers market

SATURDAYS at the Town Square
9-NOON

Wednesdays at 7-10am in Elkins City Park



cucumber

September 2008

Monthly Market Guide
market updates,
recipes and more

Two months of market left!

The last day of market isn't until November 1st.

Summer Vegetable Casserole

quantity of vegetables needed depends on size of casserole (and size of veggies!)

sliced potatoes	Italian herbs (<i>such as basil, oregano, rosemary, thyme</i>)
sliced onions	shredded cheese (<i>monterey jack & romano</i>)
sliced zucchini	seasoned bread crumbs
sliced tomatoes	1/2 c. Italian salad dressing
salt & pepper	

In an oiled casserole, arrange one layer of sliced potatoes, then one layer of onions, one layer of zucchini and one layer of tomatoes.

Season with salt, pepper and herbs (fresh or dried).

Top vegetables with cheese and then bread crumbs. Pour dressing over entire casserole. Bake for one hour at 375°, covered except for the last 15 minutes to allow the top to brown.

Recipe from Corina Belan

Simple Summer Salsa

3 good sized tomatoes	2 tsp ground cumin
1 medium onion	1 tsp chili powder
3 cloves garlic	1 dash apple cider vinegar
1 fresh jalapeno pepper	2 tsp salt
1 handful cilantro	2 tsp sugar

Chop tomatoes until they are as small as you'd like them. Mince garlic, onion and jalapeno until fine. Roughly chop cilantro, stems and leaves. Throw everything into a mixing bowl.

Add the rest of the ingredients and mix well. Adjust seasonings to taste. Serve salsa immediately, or let sit on counter in covered bowl to let the flavors blend together.

Many variations on this are possible: add green peppers, corn or black beans. Add chopped peach, or mango or a splash of hot sauce.

Recipe from Katie Wolpert

Shepherd's Pie

1 pound of ground beef or deer	1 onion, diced
2 eggs (optional)	salt & pepper
6 T butter	1/2 c. heavy cream
plenty of mashed potatoes	1 clove garlic, minced
1 c. corn cut from cob	1-2 c. cheese, grated (cheddar, mozzarella or a combination work well)

Brown beef in a skillet until done. Remove from pan and drain all but 1 or 2 Tbsp of the grease. Saute onions in the remaining fat, adding a dash of soy sauce or black pepper for seasoning.

If you choose to use the eggs, separate the yolks from the whites. Beat yolks until light. In a separate bowl, beat egg whites until they form stiff peaks. Mix the yolks, cream, butter and garlic into the mashed potatoes, then fold in the beaten whites.

In a casserole dish, layer first the meat, then the onions and corn. Then add any other vegetables you have laying around. Cover this entirely with the mashed potato mixture and sprinkle cheese over the top.

Bake at 350° for 25-35 minutes, or until casserole is hot through and the top is browned. This traditional Irish dish is very flexible to use whatever ingredients you have around, and satisfying!

Moroccan Warm Zucchini Salad

3 1/2 c. zucchini, very thinly sliced	1/4 tsp salt
1 1/2 tsp ground cumin	2 cloves of garlic, minced
2 tsp. sweet paprika	1 Tbsp olive oil
pinch of cayenne powder	2 1/2 Tbsp lemon juice
1 handful of fresh parsley, chopped	2 Tbsp broth (or water)

Steam the zucchini until it is tender. Meanwhile, in a small saucepan, whisk together the ground cumin, paprika, cayenne, salt, garlic, olive oil, lemon juice, broth (or water) and parsley.

Add the steamed zucchini to the spice slurry and place the saucepan over medium heat. Cook for 5 minutes.

Serve warm or at room temperature.

note: you can also boil your zucchini with a pinch of salt until tender and use the reserved cooking water in place of the broth.

Recipe from "Field to Feast Blog"