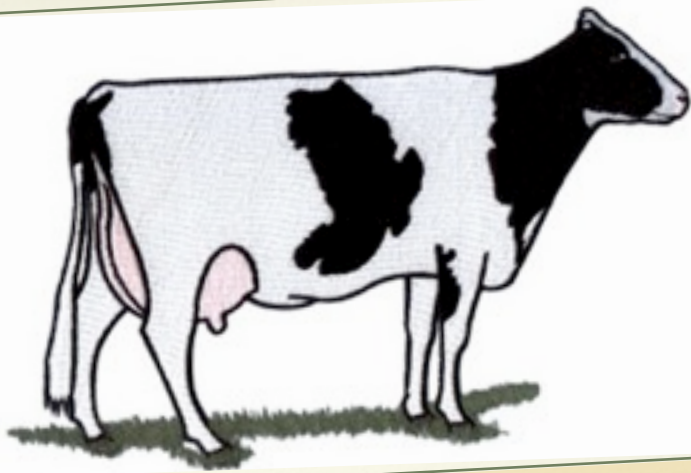


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# THE FARMERS' MARKET AT THE X

*Sponsored by Concerned Citizens for Springfield  
Belle Rita Novak, Market Manager*



**HOLSTEIN COW**

KNOWN AS FRIESIAN IN OTHER COUNTRIES

EVERYTHING IS LOCAL

The holstein is a breed of dairy cow known today as the world's highest production dairy animal. Holsteins were developed in what is now the Netherlands

## What's Fresh?



Raspberries, blueberries, plums, cherries, peaches, lettuce, chard, summer squash, beets, turnips, broccoli, tomatoes, potatoes, onions, garlic, beans, corn, carrots, blackberries, basil, dill, pea tendrils, parsley, baby bok choy, arugula, zucchini blossoms, salad greens, more!

### A Little Night Music

Don't forget Trinity's free concerts on the next two Thursday evenings. 6PM in the sanctuary for a free concert, and then afterwards supper on the lawn, weather permitting. Donations for the food are appreciated.

### Summer Theatre

The Chester Theatre in Chester is a wonderful place to see excellent quality theatre. Ditto New Century Theatre in Northampton. Go to their websites for details;  
**[chestertheatre.org](http://chestertheatre.org)**;  
**[newcenturytheatre.org](http://newcenturytheatre.org)**.

### FROM THE MARKET MANAGER

I was at Trinity Farm last Wednesday while Dale and Mike Smyth were making yogurt. Mike starts the process at 4:30 in the morning and they work until 6:30 at night. All of the milk that they use is theirs; no other milk is mixed in. They make plain, two or three with fruit on the bottom and vanilla.

Remember that small farm production is more expensive because it isn't all mechanized and they don't have economy of scale. Mike and Dale pour the

yogurt into the containers, they label them, and they carry them into the refrigerator. No assembly line on this farm.



Next time you make pancakes or waffles, use yogurt in the batter instead of milk. They will be very fluffy.



Make a pact with yourself that you will try something new to you each week from the market. There are so many things to choose from here.

Hickory Dell Farm and Dr. Cookie are on vacation. Butler Farm isn't here this week and perhaps next as they don't have enough produce to bring to the market.

**V**ote for your favorite farmers' market. American Farmland Trust and Care2.com/farmersmarket have places on their websites where you can vote. Just put in 01108 and you will get to our market. There are prizes for the winning markets.

### **Parking (again)**

Please exit from the far driveway out of the parking lot. You can drive behind the church (there are a few parking spaces there also) and go out to Sumner Avenue that way. Just make sure that all traffic on Sumner has stopped as the lights are staggered. You can park across the street on Kenwood Park. Come a little later to the market and the parking is usually a little easier. We are spoiled here in Western Mass; we think that if there isn't a parking spot right in front of where we want to go, there's no parking.

### **Wic/Elder Coupons**

You may use your coupons at any vendor who sells fruit and/or vegetables. Elder coupons may also be used for honey. That's it. The rules for them have changed this year. You don't have to use them all at once. They are good until the end of October. The wooden tokens

you get if you use EBT/credit/or debit cards are good for food, but if you are using the red ones they are good for anything.

### **What's a CSA?**

Community Supported Agriculture is fairly new in the farming world. It is a way for a farmer to pre-sell part of their crop. You give the farmer money prior to the growing season, and then you get a share of the harvest for a period of time. A produce share is the most common, but flower shares and meat shares are also available from some farms. Pick up a copy of CISA's new farm products' guide at the market table and you will find farms that have CSAs. Two of our farms have them; Red Fire Farm where the pickup is here at the market, and new this year, The Kitchen Garden where the share is delivered to you.

### **Friends of the Farmers' Market**

Everyone wants some of your money and we do also. A little more than half of our operating funds come from vendor fees, and the rest comes from contributions. We receive funding from The Forest Park Civic Association, our sponsor,

Concerned Citizens for Springfield, United Bank, The Robyn Newhouse Foundation, and YOU! We have brochures at the market table that you can fill out with your contribution. Thanks in advance. You help to make this market as fabulous as it is.

### **Recipe for Today Cream of Summer Squash Soup**

It doesn't matter what kind of squash you use. Use all of one kind, or mix them up. They're all pretty similar in taste. They don't have to be peeled.

Saute onions in butter or olive oil until they are soft; add cut up squash; cover with chicken or vegetable broth; cook until soft. Cool then puree in blender or food processor or use an immersion blender. Add cream or half and half and curry, a little or a lot, or another seasoning that you like. I always use curry but marjoram goes well with squash. Either eat cold or warm up. Serve with a dollop of yogurt or sour cream on top with a few chives on top of that. Pretty, tasty, and if you want to have this at another time, puree then freeze that mixture and add seasonings and cream when you defrost. This is the basic recipe for creamed soups. Enjoy!