

VOLUME
11, #9
June 30, 2009

FARMERS' MARKET AT THE X

thefarmersmarketatthex.com

Belle Rita Novak, Market Manager



VOLUNTEERS

EVERYTHING IS LOCAL

The Western Mass Master Gardeners are at the market every week from 12:30-4. They will answer questions and for \$1 test your soil.

EVERY WEEK FROM 12:30-6,
MAY THROUGH OCTOBER

Weekly Events



Wednesday

Neighborhood Community Police Meeting

July 1st meeting will be at the Jewish Community Center, 1160 Dickinson St. at 7PM. Next month's meeting will be there also. It's always the first Wednesday of the month and everyone is welcome whether



or not you have a problem.

Thursday

This Thursday and for every Thursday during July, Trinity Church hosts "A Little Night Music." There is a concert at 6PM in the sanctuary followed by supper in the food tent. The music is free and a donation is requested for the food. Everyone is welcome. Bring a lawn chair and some friends. It's very enjoyable.

SUSTAINABLE AGRICULTURE. WHAT IS IT?

Sustainable agriculture's principle theme is stewardship of natural and human resources. Proponents ask us to consider: In our farming practices, are we using our natural resources in a way that lets us have a profitable life, but leaves them in good condition for future generations? Again soil health is considered key to sustainability. Cover crops, reduced tillage and addition of composts are all elements. Are synthetic chemicals allowed? The

sustainable people recognize there may be situations that arise where the use of a synthetic chemical would be more sustainable than doing nothing at all, or than using a highly toxic organic chemical. In general, the choices that are the least toxic or the least energy intensive, but still maintain productivity are encouraged. Certification is not required and there are a great many resources available to help us learn about products and practices.



Please consider making a contribution to our market; you help us continue our great work.

Your Credit/Debit/EBT Card can be used at the Market

If you don't have enough cash you can use your card, or you can give the market manager a check made out to the Farmers' Market at the X for the amount that you need. You get wooden tokens that you use just like cash. They are always good, so if you don't use them all one week, hang on to them. Unlike the silver Big Y coins, you will ALWAYS find something at our market that you want to buy.



Raffle to Benefit Market

If you need another reusable bag for your shopping needs, purchase a raffle ticket for \$1 at the market table and you could win one. Or buy one for \$5. All proceeds go right into the market coffers. They are at the market table.



Pre-set Opening

Many of you arrive at the market prior to our opening at 12:30. Once in awhile someone gets miffed because they are in a rush and can't buy prior to 12:30. We do that for a reason. Almost all of our vendors are there on time all of the time. They know how long it takes them to set up to be ready to sell by the time

we open. If they have to stop to wait on someone, it puts them behind. Also, every vendor knows that we strive to be fair. If they arrive on time so that they are ready to sell by 12:30, everyone has the same advantage. We all appreciate your cooperation and patience.



Recipe from 3hree Cafe'

Grill vegetables such as summer squash, onions, eggplant, peppers, boil some pasta, drain, and toss with pesto and extra cheese if you like. Cathie made this for the fundraiser we held in March and it was a hit. Now that we have **Bear Pond Farm** at our market, you can buy different kinds of pesto.



Meet the Vendor

Dorothy Hayes from **Sweet Pea Cheese** is part of the 5th generation of the Hayes family to work on the dairy farm. They milk 120 cows and 47 dairy goats. Dorothy didn't grow up on a farm, but joined 4H and worked on a dairy farm. She met and married her husband and moved 4 miles away to North Granby, CT. All 3 of the Hayes children work on the farm. They have been licensed since August to make cheese. Their cows' milk goes to New Britain, CT to be bottled, but they bottle

the goats' milk on their own farm. Goats' milk and yogurt is available at their farm store.

Dorothy brings chevre which is a soft spreadable goat cheese, feta (not soaked in brine, so it's milder) goat cheese logs of many flavors, and a combination goat/cow cheese to our market. She is very pleased with the business she has at our market. Welcome!

Corn?

I was told by a farmer last week that corn is being picked in Connecticut, so we should have it very soon.

Several years ago another farmer told me that he "likes" dry conditions rather than wet because he can put water in, but can't take it out. Let's hope that the rain stops for awhile so that our farmers don't have to lose crops as they did last year due to the excessive rain we had.

Use fresh corn kernels in pancakes, or make fritters with the same batter. Save the water that you boil your corn in and use it in a vegetable soup. Cut leftover corn from the cob and saute it in a pan with butter or olive oil until it gets a little browned. Melt butter and use a pastry brush to butter the corn if you're having a crowd; it's faster. Microwave the corn in its husk for about 7 minutes. Easy.