

**FARMERS' MARKET AT THE X***Every Tuesday, May--October*  
*Belle Rita Novak, Market Manager***FALL RASPBERRIES**

THEFARMERSMARKETATTHEX.COM

EVERYTHING IS LOCAL

**EVERY TUESDAY 12:30-6PM**  
RAIN OR SHINE**What's Up?****Wednesday**

The Forest Park / East Forest Park Community Police meeting will be held at Sinai Temple, 1100 Dickinson St. at 7PM. Go in the right rear door. Everyone is welcome. These two neighborhoods have about 1/4th the population of the City, so of course there will be problems. Come to the meeting and help solve them.

**Saturday--Sept. 12th**

**uNi Coffeehouse** at the Unitarian Church on Porter Lake Drive begins its folk music season on Saturday, the 12th at 8PM. The Johnson Girls, an all-female maritime song group will be performing. It's \$15 at the door. Refreshments for purchase are available. The concerts are on the 2nd Saturday of each month, September--May.

**FROM THE MARKET MANAGER**

I was reading a column in the Washington Post about shopping at a farmers' market which was making my mouth water. The writer is a chef and former restaurateur, and he is in love with farmers' markets. He put together a Southern menu with fried okra, corn, and many other items. He said that he was only part way through his shopping and he had already spent \$40. Fortunately his market also takes debit cards so he was able to finish his shopping. He ultimately

spent \$90. He said he's often asked the question about the prices at a farmers' market, specifically are they higher. He said yes (which they sometimes are,) but he doesn't have to throw any of what he buys away due to spoilage or no taste, so he thinks it's worth it. As I have so often said, do not confuse price and value. The quality from any farmers' market is overwhelmingly excellent, and the variety is outstanding, so it is worth whatever you pay.

A raffle of a gift basket donated by Cozy Eats will be held throughout the month of September. Tickets are \$3. The value of the basket is \$100. Check it out and support the market.

### This 'n' That

Vicki Barnum from Barnum and Buckley Farm has just about sold out of her goat sausage. Kudos to all of you who bought it for trying something different. She still has goat meat left to sell.



Does it make you as crazy as it does me to see so much litter on the streets? I don't understand why people do that. It would seem to me that everyone would like to live someplace that is clean and neat. If everyone picked up a few pieces of litter each day we'd have a much cleaner city. If you smoke, please don't throw your cigarette butts out of your car window; the filters don't disintegrate, so all we have is a mess.



### Spicy Peach Jam

This is great with chicken or pork, or as an hors d'oeuvre with cream cheese and crackers.

4 cups chopped peaches

2-4 small hot peppers or some red pepper flakes

6 Tablespoons fresh lemon juice

7 cups sugar

1 package powdered pectin

Wash your jars and tops in hot soapy water, rinse and set aside. Put peaches and chopped up peppers in pot, add powdered pectin and lemon juice. Bring to a rolling boil. (A rolling boil is one that doesn't stop boiling when you stir it.) Boil for about a minute, and add sugar all at once. Bring to another rolling boil, stir, boil for about a minute. Ladle into clean jars leaving about 1/4" headspace and cover. If you are going to freeze this you don't have to do anything else except let it cool. If you are going to store this outside of a freezer then you should put the jars in a big pot and put water in up to the ring on the jar cap and boil for 10 minutes. Take out and cool.



### Vendors with Stores

1. Hickory Dell Farm--245 West Farms Road, Northampton
2. Outlook Farm--Rte 66, Westhampton
3. Trinity Farm--4 Oliver Road, Enfield, CT
4. Sweet Pea Cheese--151 East St., N. Granby, CT

5. Red Fire Farm has a farm stand at 7 Carver St. in Granby, MA
  6. Chicoine Family Farm doesn't have a store, but you can email Susan at [beefychic@aol.com](mailto:beefychic@aol.com) and order what you need and then go to Easthampton to pick it up.
  7. Blue Moon Coffee Roasters also doesn't have a store, but Dan will deliver to your home or office. Contact him [orderdesk@bluemooncoffee.com](mailto:orderdesk@bluemooncoffee.com)
  8. You can order soap and lotion from Susan Parks at [SusanParksSoap.com](http://SusanParksSoap.com)
  9. Cozy Eats has a store in the Enfield Mall now.
  10. Berkshire Mountain Bakery will UPS an order to you which you will receive overnight. Or buy lots of their bread and freeze it.
  11. Barnum & Buckley Farm takes orders throughout the year for meat and poultry. [Barnumandbuckleyfarm@comcast.net](mailto:Barnumandbuckleyfarm@comcast.net)
- Isn't it nice to know that we don't have to be without delicious food, etc. during the cold weather. And we are going to have the winter market.