

THE FARMERS' MARKET AT THE X

Since 1998
every Tuesday, May-October 12:30-6



BELLE RITA NOVAK & FRIEND

JUNE 16, 2009

The old goat is the market manager, and the new goat is owned by Susan Parks. She is looking for a name for him. Suggestions?

FROM THE MARKET MANAGER

This past week I had lots of conversations about lettuce with many of the market customers. I know, you're thinking "lettuce?" Me too, but that's what a farmers' market is all about. Lettuce from here has a flavor and a crispness that is sometimes missing in what can be purchased elsewhere. Also, there is more variety here. Did you ever see romaine lettuce with pink spots in a store? Me neither. I love making a salad with different types of lettuce.

Vote for your favorite farmers' market

Farmland Trust is having a contest where you can vote for your favorite farmers' market. We are registered. If you'd like to vote for us, go to farmland.org/vote. There are prizes for the winners. We are listed by zip code. Ours is 01108.



thefarmersmarketatthex.com

What's Fresh?



This is the time of year when so much new produce shows up each week that it's almost impossible to list everything. So far there has been lettuce, baby salad greens, collards, turnips, dandelions, strawberries, green garlic, garlic scapes, spinach, asparagus, rhubarb, radishes, baby bok choy, arugula, small summer squash, zucchini blossoms, beets, Swiss chard, cherry tomatoes, broccoli, carrots, and more I'm sure.



I often hear people say that the best meal of their week is on Tuesday nights because of their purchases at this market. My visits to the grocery store are few and far between when the market is open.

Berkshire Mountain Bakery is now bringing croissants to the market. They have a new baker who is a recent graduate of a culinary school, and he sought a job with Berkshire because he'd heard so much about it even though he was in California.

You can use your EBT, debit, or credit cards at our market. Go to market table & get tokens.

Identity Theft

Identity theft is a major problem, and government officials call it the fastest growing crime in the nation. Here are some ways to guard against it--

1. Remove mail promptly from your mailbox. Never use your mailbox for outgoing mail.
2. Guard your social security number. Don't carry your SS card in your wallet or have it preprinted on your checks. Give it out only when absolutely necessary. Don't give out any personal information like your PIN, debit or credit card numbers over the phone, or the internet unless you initiated the transaction. Identity thieves often call you posing as an internet provider or credit card company to gain knowledge of your account.
3. Be very careful with receipts. Make sure you have them when you leave a store, or ATM machine.
4. Review your credit report from time to time. You can get one free one once a year from each one. The major credit bureaus are: EQUIFAX: 800-685-1111 EXPERIAN: 888-397-3742 TRANS UNION: 800-916-8800

5. Destroy pre-approved credit card offers before you throw them out.
6. Account for all new checkbooks when you receive them in the mail. If any are missing report stolen checks immediately. Keep new and cancelled checks in a safe place. Do not carry around more checks or credit cards than you really need. Cancel credit cards that you don't use.
7. Block your ATM transaction with your body. Keep the keyboard from view and prevent someone from learning your personal PIN.
8. Commit all passwords and personal identification numbers to memory.
9. Be creative when you choose a password.

Our Sponsor

Concerned Citizens for Springfield is our non-profit sponsor. It was established in 1995 by a few neighborhood landlords who were distressed at the way many of the multi-family properties in the neighborhood were being managed. There was room for much improvement. Since 1995 CCS has worked closely with the City to improve, remodel,

and build new housing. The two homes at the corner of Keith St., and Belmont Ave. were a CCS project. 46 Forest Park Ave. was a former rooming house that had major problems. It was close to being demolished when CCS took it on as a project. The rear of the building was removed (it wasn't original to the building) and the house was rehabbed, and sold to a private buyer. CCS works closely with local contractors and Putnam Vocational High School to accomplish its goals. CCS is responsible for most of the graffiti removal in the neighborhood. It is an all-volunteer organization.

Forest Park Branch Library Closed

Renovations are in progress to make the library handicapped accessible. It will be closed until October.

Cooking tip from Caroline Pam of The Kitchen Garden

Add arugula to your pasta salad for a pretty and peppery taste treat. Use an oil and vinegar based dressing so that it won't be as perishable as a mayonnaise based dressing. (That's from me.)