

FARMERS' MARKET AT THE X*thefarmersmarketatthex.com**Belle Rita Novak, Market Manager***BLUEBERRIES**

You can access our market newsletter online at www.thefarmersmarketatthex.com. Other information about the market is there also.

FARMERS DONATE TO FOOD PANTRY

Each week our produce farmers donate some of their surplus to the Open Pantry. As you probably know, Open Pantry feeds anyone who needs a meal. Some of the food that is donated from other places is breadstuffs, so having fresh fruit and vegetables directly from a farm is practically a luxury. We all know how important it is to have a balanced diet, so helping the Open Pantry provide one for their clients is greatly appreciated. If you have surplus

from your garden, by all means donate it to one of the local food pantries. There are several in the area to choose from.



Blue Moon Coffee Roasters has the best freshly roasted coffee. Did you know that Dan Higgins, owner of BMCR will deliver coffee to your home or office? Last year a new market customer called me the day after one of our markets to tell me that she'd just had the best cup of coffee in her life--Blue Moon coffee & Trinity Farm's 1/2 & 1/2.

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

Weekly Events**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.

Friday

The Downtown farmers' market, held in the park across from Tower Square, has been revitalized. Some of the vendors from our market are there on Fridays from 11:30-2:30. So if you need something, or work downtown and can't make it every week to this market, come on down! If you need to park, you will get one hour's free parking validated in the Tower Square garage. You can have lunch at the market also; Austin Brothers Farm grills their hamburgers.

A farmers' market has many items that you'll never find in a grocery store. Try something new to you each week. You will develop favorites you never knew about previously.

Parking, etc.

Some of you are blocking driveways on the side street. **DON'T DO THAT.** Your car will be towed by the owners. It's wrong and no matter how long you think you'll be at the market, even a minute is too long to block someone's driveway. Also, please go out the exit of the parking lot, not the entrance. You can park behind the church or on the other side of it. If you want to take a left onto Sumner Avenue, go behind the church and the driveway will take you out to Sumner. Wait until both lights have turned red, pay attention to what the Oakland St. traffic is doing, and you will be able to turn left onto Sumner very easily. I am sorry that parking is sometimes difficult. That is the downside to our success. At least it's free and nearby.



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. You can also give us an outright contribution. All amounts graciously accepted.



Simple Dessert Recipe

from *Gourmet*, August 2008

1 pint each vanilla and coffee ice cream

1 1/4 C freshly brewed espresso

9 crisp Italian ladyfingers

3/4 C heavy cream, 1T sugar

grated chocolate

Beat cream with sugar until it just holds stiff peaks. Put a scoop of each ice cream in a glass. Break up a couple of ladyfingers and put on top of ice cream. Pour hot espresso on top and dollop with whipped cream. Grated chocolate goes on top.



Meet the Vendor

The Kitchen Garden owners, Caroline Pam and Tim Wilcox, have a variety of experience in the food business. Tim is a graduate of Hampshire College where he spent time working on their farm. He has worked on a farm in Italy where he did research for his thesis project on radicchio, and on a farm in New Paltz, NY for whom he sold produce at the Union Square Market in New York City.

Caroline received her degree in English from the University of Chicago and worked as a journalist for two years prior to

discovering her passion for food and farming. She has also studied at the French Culinary Institute. She too worked on a farm in Italy and was a market manager at the Union Square Market which is where she and Tim met. They have a daughter Lily who is 17 months old, and they are expecting another baby in September.

While The Kitchen Garden is not certified organic, they farm according to organic practices, but have chosen not to become certified. Their website is-- ***kitchengardenfarm.com.***



Radicchio and zucchini with blossoms

This 'n' That

Do you have a will? If not then you are effectively saying that the state knows more of what to do with your assets after your death than you do. Protect your family and get a will. For most of us it's inexpensive because our estates aren't that complicated. Get a health care proxy also and have a letter of instruction and let someone know where things are located.