

# WHAT'S NEWS AT THE FARMERS' MARKET AT THE X



HUG A FARMER TODAY

## SUMMER FLOWERS

PLANT SOME FOR YOUR OWN GARDEN

Please keep our neighborhood clean by picking up litter, taking down tag sale signs, and painting over graffiti. It all helps!

WEBSITE ADDRESS:  
THEFARMERSMARKETATTHEX.COM

## WHAT'S FRESH



### Berkshire Mtn. Bakery

Every week you can choose from a wide selection of breads from Berkshire Mountain Bakery. All of Richard Bourdon's breads are organic sourdough, but they aren't very sour. Try their chocolate bread as French toast. Delicious! Last year he had baklava for the first time and he

has it again this year.



### Hickory Dell Farm

In addition to healthy plants including herbs, Faye Omasta brings cheese from Smyth's Country Cheese from Winchedon, Mass. She has gouda, cheddar, havarti, and gouda spreads. She also brings marinades, dressings and dips from Appalachian Naturals which have many local ingredients in them. You can get everything at this farmers' market.

We are so grateful to the Western Mass Master Gardeners' Association for being at our market each week. Not only will they test your garden soil for \$1, they will answer all of your gardening questions. Bring soil from several spots in your garden.

Many years ago I made cream puffs and the filling for them also. I was just about finished with the filling when I realized that I had just made chocolate pudding from scratch. It was/is

so easy to make. Try it yourself with Trinity Farm milk.

#### Chocolate Pudding

Scald 2 cups milk with 2 ounces (or a little more) semi-sweet or bittersweet chocolate. Mix 3 tablespoons cornstarch, 1/2 cup sugar, 1/4 teaspoon salt. Add and mix until smooth 1/4 cup cold milk. Add to the scalded milk. Cook stirring constantly until the pudding thickens, afterwards occasionally. Cool slightly, add 1 tsp. vanilla. Chill.

# Trinity Farm is having an open house on Saturday, May 23rd from 10-2. Please come.

**T**he Downtown farmers' market will start on Friday, June 5th. The hours are from 11:30-3. If you work downtown and you find it difficult to get to our market, then check that one out. The new market manager will be Belle Rita Novak. While this isn't a new market, it is once again on Fridays, and is vastly improved. Some of the same vendors that we have here will be there, but there will be other vendors as well. All high quality produce, plants, meat, baked goods and more. It is in the park across from Tower Square. Parking will be validated.

## Directions to Trinity Farm--

91 S. to Exit 46. At end of exit take a right. About a mile up the road you will see a sign that says Trinity Farm. Take a right there.



## Buy a Market Bag

In our quest to raise money for the market, we have lightweight, strong bags for sale at the market table for only \$5. Also, we are raffling one off each week. A raffle ticket is only \$1. Also at the market table.

## EBT, Debit, Credit Cards

For your convenience you can use your EBT, debit, or credit card at the market. No longer do you have to worry about running out of money when you are here. We will give you wooden tokens which you use just like money. Except for EBT, we will be charging a very small transaction fee. The market absorbed the cost of the wireless transfer machine, and we pay for the monthly fees, but we'd like not to have to pay the transaction fees which add up. Thank you for understanding this. EBT rules are the same here as at a grocery store; food only, no change given.



## Elder Coupons

Elder coupons can be obtained at local senior centers starting sometime in June. The downtown Elder Affairs Office doesn't have them. There are some changes this year. They can only be used for produce and honey. No baked goods, no meat, no maple syrup. There will be an additional \$30 per person just like last year. WIC coupons are also distributed beginning in June. There are no changes for those this year. Produce only. Those are mailed to the user.

## Save the Dates

Have you ever wanted to learn how to row a boat? The Pioneer Valley Riverfront Club is sponsoring two FREE clinics on Saturday June 6th from 8:30-11, or Sunday, June 14th same times. They will be located at the Pioneer Valley Yacht Club in Longmeadow. The Yacht Club is located in the Meadows. Go down Emerson Road and take a right just after the railroad tracks. For further information contact [rowing@pvrowing.com](mailto:rowing@pvrowing.com) or call Jonathan at 262-0945. Don't let the yacht club name intimidate you; there are no yachts there.



On June 20th, Rich Valley Farm will have an open house. Susan Parks is our soap/lotion vendor and she and her partner raise goats and make goat cheese. They are located in Stafford Springs, CT. Further information will be forthcoming.



Also on June 20th, the Forest Park Civic Association will be hosting its annual Illumination Night. It's a big block party to which everyone is invited. Lemonade and strawberry shortcake for sale, band music, decorated porches. All are welcome. Stay tuned.