

THE FARMERS' MARKET AT THE X
Belle Rita Novak, Market Manager
Sponsored by Concerned Citizens for Springfield

VOLUME 11, #25, OCTOBER
20, 2009

This 'n' That

All root vegetables will keep for quite a while, so buy extras this week and next. Don't store potatoes in the refrigerator, they need a cool, not cold dry place. If you notice, potatoes and onions sold in bags always have holes or mesh so that there is some air flow. You can keep winter squash for months also. The perfect place is your basement. Lay them on newspapers in a single layer not touching each other. That way, if any of them have a blemish and start to spoil, it won't transfer to the other squash.



Beets, carrots, and turnips will stay for a long while in the refrigerator in the vegetable drawer.

Recipe--Candied Parsnips

Peel parsnips, cut into pieces, boil or steam until tender, drain. Mix brown sugar and butter in a pan, add parsnips and cook until the parsnips are nicely glazed. You can do the same thing with carrots. (But you knew that.) Parsnips are also good in chicken or vegetable soup; they sweeten the broth. Interesting that we eat carrots raw, but never parsnips.



PURPLE TOP TURNIP

BRASSICA NAPA

TUESDAYS, 12:30-6PM

There are many varieties of turnips. If you like cauliflower and broccoli, then you will probably like turnips. Some are very mild.

FROM THE MARKET MANAGER

Well, here we are almost at the end of another season, our 12th. If you were new to our market this year, you have discovered the joy of eating local products, and you will return next year. You probably also purchased some non-edible products and enjoyed those also. Gorgeous flowers, beautiful plants for your garden, lotions, soap either for yourself or as a gift and so much more. I don't use honey to sweeten my tea; I mostly use it as an ingredient when I

cook or bake, and I always make sure that I have a jar of local honey in my cupboard. There is a depth of flavor to local honey. As you may have figured out, our honey man, Don Mayou is at the market every other week. He will be back next week for your end of season purchases. Make sure you pick up other items for gift giving. A locally produced product is so appreciated. Buy a market bag to give with your purchases. \$4 instead of \$5; an end of season special.

Rich Valley Farm will be holding 3 open houses at their farm in Stafford Springs, CT. Sundays, November 29th, December 6th & 13th from 11-3. Go to SusanParks.com for further details. Bring your kids to see their kids.

Something new in our neighborhood--*Reclaimed Roots* is a brand new online home furnishings store selling unique, restyled, and vintage home furnishings. They have hand selected beautiful vintage pieces and have refinished them to reflect a modern and eclectic style. The owners refinish used and found objects thereby saving them from the landfill and allowing their new owners to enjoy them for many more years. Check out their website at reclaimedroots.com.



Ward Six City Council Candidate Forum

It's going to be held at the Forest Park Middle School from 7-8PM this Wednesday, the 21st. The doors open at 6:30.



Springfield Preservation Trust

SPT held a house tour in the Forest Park neighborhood this past Sunday. With all the negativity about Springfield, it is a pleasure to go around and not only see the beautiful homes which the owners have lovingly fixed up, but to hear them speak so positively about living in the City. Crime makes

the headlines, but there are more good things happening here than bad things. Something to remember when you watch the news which always emphasizes bad news.



When the Market Ends...

Go to our website, thefarmersmarketatthex.com and look at our vendor list. Several of our vendors have stores and/or can accommodate you during the off season.

As far as a winter market goes, I don't know yet. Give us your email and we will notify you if/when it happens.



New York City Anyone?

The Jewish Community Center has a chartered bus going to NYC on Wednesday, November 4th. It leaves the JCC parking lot at 6:45 AM and will return about 9:30 PM. There are a couple of stops, the Metropolitan Museum of Art being one of them, but you are on your own during the day. If you aren't a member the cost is \$45, members \$40. Their number is 739-4715. Don't wait, 'cause if they don't have enough people, they cancel the bus.

Forest Park Civic Assn.

The FPCA is the oldest neighborhood association in the City, established in the early 60s. The owner of a market where Friendly's is now located wanted to expand into Spruceland St. At the time that area wasn't an historic district, so it could have happened. But--several people in the neighborhood banded together and were able to stop the expansion.

If you take a look at Sumner Avenue and compare it to Boston Road, you will notice a big difference between the two streets. You can thank the civic association, which of course is made up of concerned citizens for the continued beauty of Sumner Avenue. Little commercial business, and many lovely apartment houses and Victorian style homes.

There continue to be issues in every neighborhood. Whether you own or rent, get involved in your neighborhood. You too can make a difference in the present AND for the future.

