

VOLUME  
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Sept. 29, 2009

**THE FARMERS' MARKET AT THE X**  
*Since 1998*  
*Belle Rita Novak, Market Manager*



**OLIVER RATHBONE WILCOX**  
WITH MOM CAROLINE PAM

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Congratulations to Caroline and Tim, from The Kitchen Garden, and "big" sister Lily on the arrival of Oliver on September 21st.

**A MESSAGE FROM DALE & MIKE SMYTH**

We would like to express our deep gratitude to all of the people who so generously supported our son Sam and our family this past year through prayers, kind thoughts, and financial contributions. As the first anniversary of Sam's tragic accident nears, October 15th, Sam and the rest of our family want everyone to know that your love and support served to sustain and uplift us during this difficult time.

We realize that the tremendous encouragement and hope that we have received this past year has come not only from our family, friends, and neighbors, but from perfect strangers as well. We feel incredible gratitude to the hundreds of people who responded so generously.

Sam is an inspiration to us. As he faces each day with courage and determination, we stand in awe. Families often face trials and challenges. **(cont' on back)**

EVERY TUESDAY, 12-30-6PM

Recipe



Vegetable Melange

Melange means mixed up. Take a variety of vegetables, saute them, season and you have a lovely dish. I used yellow squash, purple onion, green snow and sugar snap peas, red and yellow peppers, garlic, and corn kernels when I cooked this to bring to a dinner. Saute the veggies in olive oil for additional flavor, and season them with herbs such as basil, oregano, or a mixture of what you like, don't overcook them, and serve. It's a lovely, colorful dish.

Buy some extra corn on the cob, cut the kernels off and freeze them. You will notice a difference in any dish you make with them because the corn is sweeter than frozen or canned.

Start buying extra now as we only have until the end of October. Berkshire's bread freezes perfectly.

# Last week for Cozy Eats basket raffle. \$3 a ticket. Winner will be notified this week.

This farmers' market community has made our family's struggle a bit easier, and we thank you. May God come to you in your time of deepest need as He has sent all of you to us.

Gratefully,

Michael and Dale Smyth

Trinity Farm, Enfield, CT



For those of you who don't know what happened, Sam Smyth, age 19 at the time, was seriously injured when a very large roll of hay fell off a truck and fell on him. His leg was fractured, and his spinal cord was severed. He can't walk anymore. We held a fundraiser in March that was very successful.



## WINTER SQUASH

Except for spaghetti squash, all winter squash is fairly similar. It has a hard skin that either has to be peeled before or after cooking, or you can split the squash, scoop out the seeds, and bake it that way.

Many people fill the cavity with butter and brown sugar or maple syrup before baking. Another way to cook it is to peel it, cut into pieces, drizzle with olive oil sprinkle with kosher salt, place in one layer in a baking pan at 400 degrees, and turn over every so often until you can put a knife into it easily. The edges will get caramelized.

When you roast vegetables they are sweeter as none of their flavor leaches into water as it does if you boil them.



## RECYCLING

Did you know that when you recycle, not only doesn't your trash end up in the landfill, but your town or city earns money? For every ton that doesn't go into the landfill, the municipality saves and earns about \$90. So, this is a very easy way to help your town or city to earn/save money. Springfield and all of the surrounding towns make it easy to recycle. Are you? Recycling one glass bottle saves enough electricity to

light a 60 watt bulb for 4 hours. Recycling one ton of old paper saves 7,000 gallons of water.

The U.S. recycles about 28% of its waste today; that's twice as much as 10 years ago. But, we are the largest producers of waste in the world; 1609 pounds per person per year.

One quart of motor oil disposed of improperly can contaminate 2 MILLION gallons of water. Never put it down a storm drain.



## FRIENDS OF THE FARMERS' MARKET

Several people have contributed this year to the market. All of your contributions go to supporting the market--advertising, fees for the wireless credit/debit/ebt machine, signage, food demonstrations, insurance, market manager's stipend, miscellaneous office supplies, postage, contribution to Trinity Church, conference fees and a few more things. We don't have a high budget compared to some markets, but it does cost something to run it. The vendors pay a fee to participate, but we raise money from other sources also so that their fees don't have to be too high.