



2011 BEDFORD FARMERS' MARKET NEWSLETTER

www.Bedfordmarket.org

**NEW HOURS! Mondays 12:30 – 5:30 PM LUNCH starting at 12:30
June 13 - October 17**

Volume 4 Issue 7

MONDAY IS MARKET DAY

July 22, 2011



This coming week, July 25th...

Taste of Market with Chef Tyson Podolski from Summer Winter in Burlington (1:15-3:15): Chef Podolski will prepare Pulled Pork Sandwiches with meat from Shady Pine Farm and Quick & Easy Summer Salads using a variety of vegetables from our produce farmers. He'll answer questions and offer samples for you to taste.

Also: **Beekeeping** from 2:00-4:00 with **Birgit de Weerd**. Birgit shares the fascinating business of keeping bees. Learn how honey is made and how to collect it.

For kids from 12:30-5:00: **Stacey Mulholland from Barefoot Books** will read from the book "The Gigantic Turnip," where little animals in the story help with the vegetable harvest. Copies of the book will be available for purchase.

Stacey will also do **vegetable stamping** -- kids can stamp on paper or on items like small pots and/or wooden pint boxes like the ones berries might come in.

Also for kids: Bedford 4-H will bring farm animals to the market and be available to talk about how to raise them. Come pet the animals!



Vegetables and fruit expected this week:

Blueberries, raspberries, cherries, snap peas, bok choy, Russian kale, Asian arugula, Easter egg radishes, summer squash, zucchini, patty pan squash, amaranth, new potatoes, cucumbers, chard, rhubarb, field tomatoes, scallions, assorted herbs and flowers.

Cheese Special: Foxboro Cheese offers fresh mozzarella!



“SPECIAL” VENDORS (7/25):

Karol Peralta Jewelry: Hand-made metal jewelry adorned with various designs of Swarovski crystals in an array of colors.

To learn more about our vendors and when certain specialty vendors are scheduled, to see the photo gallery, or to volunteer, visit our website: www.bedfordmarket.org



Artisan of the Week: Claudia Foxtree of Arawak Designs: Hand-made clay bead jewelry inspired by Native American designs

COMING NEXT WEEK (8/1): On the Edge Knife Sharpening while you wait!

AND...Taste of the Market with Becky Hays from Cooks Illustrated and America's Test Kitchen: Grilled Mexican corn, corn and nectarine salsa, and other recipes.