



# 2011 BEDFORD FARMERS' MARKET NEWSLETTER

[www.Bedfordmarket.org](http://www.Bedfordmarket.org)

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

Volume 4 Issue 8

**MONDAY IS MARKET DAY !!!**

July 29, 2011

## Aug 1: "Taste of the Market" 1:30-2:30:

Back by popular demand! Taste of the Market presents Rebecca Hays, managing editor of "Cook's Illustrated", who will celebrate the season by demonstrating how to make Fresh Corn and Nectarine Salsa along with a special market-inspired salad

Becky will also answer your questions and offer samples to taste!

**FOR KIDS:** Stacey Mulholland returns to the Children's Tent 12:30-5:00! This week Stacey will help kids make garden collages from old seed catalogs.

### Vegetables and fruit expected this week:

Blueberries, peaches, lettuces, corn, green beans, snap peas, bok choy, Russian kale, Asian arugula, squash blossoms, Easter egg radishes, summer squash, zucchini, amaranth, new potatoes, cucumbers, chard, rhubarb, field tomatoes, scallions, assorted herbs and flowers.



### "Food from the Earth" cooking classes with Karine Marino starting soon!

Bedford resident Karine Marino teaches how to use herbs-- and even things you may consider to be "weeds" --to create nutritious, delicious dishes!

Choose ONE of the following classes: Tuesday afternoon, August 9th, 12-2 **OR** Friday evening, August 12th 7-9.

Classes are \$10/per person. Please email Kelly @ [askbfm@gmail.com](mailto:askbfm@gmail.com) to confirm your space. Directions to classes (in Bedford) sent upon registration confirmation. **Space is limited.**



### "SPECIAL" VENDORS (8/1):

**Smiling Sauce Company:** Zing! Twist! Kick! and Burst! sauces and marinades.

*To learn more about any of our vendors, when certain specialty vendors are scheduled, to see the photo gallery, or to volunteer, visit our website:*

[www.bedfordmarket.org](http://www.bedfordmarket.org)



**Artisan of the Week:** Carolina Portillo: One of a kind recycled glass beaded jewelry

**Community Tent:** Amnesty International

**Entertainment:** Ken Pruyn-- show tunes, country music and easy listening songs on guitar and harmonica. Catherine O'Kelly--classical guitar.

**Announcing: The Bedford Farmers' Market now accepts SNAP/EBT. Come to the manager's tent for more information.**



**NEXT WEEK (8/8):** On the Edge Knife Sharpening (*while you wait.*)

