



# 2011 BEDFORD FARMERS' MARKET NEWSLETTER

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

Mondays 12:30 – 5:30

June 13 - October 17

Volume 4 Issue 13

**MONDAY IS MARKET DAY**

September 2, 2011



## SEPT 5, "TASTE OF THE MARKET" WITH FLATBREAD AT 2:00

Taste of the Market presents **Sean Toomey from Flatbread demonstrating "What to do with fresh produce when you don't know what to do!"**

Cooking with fresh market veggies isn't just for foodies and chefs but for everybody! Sean and his team will roast market-fresh vegetables for you to try. He will also talk about simple as well as unusual salads that can be made with local produce.

To thank the community for supporting the Bedford Farmers' Market, the first 300 people to attend will receive a coupon for a free Farmers' Market Salad when you dine at Flatbread before Oct. 17<sup>th</sup>.

**FOR KIDS:** Wear red, white, and blue and get a PRIZE at the Children's Tent!!!

**LUNCH:** Pick up a sandwich or salad from Bedford's **Carriage House Cafe**

**T-SHIRT SPECIAL:** All T-Shirts and Tanks only \$12 at the Manager's Table



## **FRUITS AND VEGETABLES EXPECTED THIS WEEK:**

Corn, blueberries, raspberries, Shiro plums, peaches, pears, nectarines, tomatoes, eggplants, garlic, onions, potatoes, apples, lettuce, bok choy, Russian kale, arugula, beets, summer squash, zucchini, patty pan squash, squash blossoms, green beans, amaranth, assorted cucumbers, chard, rhubarb, scallions, green peppers, assorted hot peppers, Thai basil, tat soi, Chinese cabbage, water spinach, purslane, mizuna, purple mustard greens, assorted herbs and flowers.



## **"SPECIAL" VENDORS (9/5):**

**On the Edge Knife Sharpening** while you while you wait!

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

**Artisan of the Week:** Debbie Monk: Mid-life ponderings collectibles

**Entertainment:** Alec Ellsworth entertains with banjo and fiddle



## **CHEESE AND YOGURT CLASS: Thursday, Sept 15th 10:00-12:00**

Learn how to easily create the most delicious fresh cheese and yogurt. \$10/PP. Space is limited! Reserve your space now by emailing Kelly at [askBFM@gmail.com](mailto:askBFM@gmail.com)



## **UPCOMING MARKET DAY EVENTS:**

- ❖ **Sept 19, 12:30 - 2:30:** Meet Farmageddon filmmaker Kristin Canty
- ❖ **Oct 10, BFM'S Best Baked Pie Contest.** Stay tuned for more details. Yum!!