



The Bedford Farmers' Market Newsletter

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The Omnivores Delight

By: Susan Grieb

The Bedford Farmers' Market is opening on Monday, June 16 and we have a great group of vendors. We have spent the last 2 weeks visiting our vendors at their farms and kitchens. They are an amazing group of people who work incredibly hard with great care to produce very special food. Most of the operations are husband and wife or parent/children teams. These are truly family businesses.

We visited with Kimball Fruit Farm, Butterbrook Organic Farm, Busa Farm and Old Forge Farm. The farms were beautiful and all of the farms are either organic or using very sophisticated integrated pest management systems which enable them to strategically use a minimal amount of pesticides. All were in the process of planting and tending to the cool weather vegetables. Some of the farms have hot houses and are using a hoop system in the fields that allow vegetables to be started and brought to the market early in the season.

Our visits to Stillman's and Chip-In Farm were a delight. At Stillman's we saw fields full of sheep and pigs wandering in woods, fields and visiting a pond. The chickens are inside at the moment but will be out in the fields during the day when they are old enough. Sheep dogs were keeping things in order. We also had a chance to visit the acres of flowers being grown for the market. At Chip-In we learned about egg production, visited with the chickens and marveled at the amount of work it takes to get a dozen eggs to market.

The bakeries were a surprise. We visited the Swiss Baker and The Biscuit. How they can produce as much as they do was a mystery until we learned the hours they work to get this done. Since they do not use any preservatives and only pure, fresh ingredients, all of the baked goods are started before the birds get up to be delivered to the markets for sale that day. In some cases, the teams are working and sleeping in shifts around the clock to get the baking, packaging and deliveries done.

We visited Globe Fish and were amazed at the facility and methods used to clean the fish and process them. They have a huge ice-making machine and pack everything in ice to maintain freshness.

We still have a few more vendors to visit which we are looking forward to. This has been one of the most fun parts of getting the market started.

At the Market on Monday, June 16

Here is what you can expect on opening day:

At the Artisan Table: Charles Freaan of Freaan Design will be selling products made from his original digital designs. Charles creates tiles from his photographs of flowers, fruits and vegetables. He manipulates sections of the photographs to create patterns. Some are recognizable as coming from say, a cucumber or a petunia, while others look abstract and merely hint at their origin!

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Mr. Freaan's works can be seen at <http://www.cafepress.com/freantiles>

Additional Artisans: GlassHowes will be there monthly with beautiful stained glass items handcrafted by Malinda Howes and her students.

Entertainment

"That Old Brack Magic" Come see Jeb Brack perform his magic at the market

Also the Lowell Spinners mascot Millie Gator will be joining us for the afternoon.

At the Community Table: Bedford Historical Society with a full selection of our Bedford books, maps, Bedford Flagstamps, and memorabilia.

At the Managers Table: Information about the market; Cook book reference area to help you plan a dish with market items; BFM T-Shirts and organic shopping bags for sale and our Guest of the week: Bedford Garden Club.

Food Glorious Food:

- **Fresh Produce:** strawberries, rhubarb, cherry tomatoes, lettuces, mizuna *, arugula, Komantsuna *, mesclun mix, Swiss chard *, basil, scallions, as well as vegetable and tomato plants, hanging flower and herbs. (* see recipes below)
- **Baked Goods:** Breads, muffins, tarts, cookies, cup cakes and more
- **Fish:** Haddock, cod, pollock, flounder, tuna., sword fish, scallops, crab meat, hake, halibut, trout and more
- **Meat:** lamb, poultry, pork and beef
- **Beverages:** Lemonade, cider, iced coffee and water
- **Prepared Foods:** Muesli, dessert sauces, black bean salsa, a delectable selection of homemade fudge and more.

Farmers' Market Pointers of the Week

What do you do with this vegetable ?

mizuna:

<http://www.epicurious.com/recipes/food/views/FARMERS-MARKET-GREENS-232805>

komantsuna:

<http://www.coveredbridgeproduce.com/recipes/?action=Show&recipeid=91>

swiss chard:

<http://www.epicurious.com/recipes/food/views/SAUTEED-SWISS-CHARD-100980>

Farmers' Market Recipe for the week

Pasta with Greens and Feta - June 16, 2008

Servings: 4-6

Ingredients

Water for cooking pasta
6 tablespoons olive oil
4 cups coarsely chopped onion
7 to 8 cups (packed) mixed bitter greens, washed, dried and coarsely chopped
salt to taste
3/4 to 1 pound penne or fusilli
1/2 to 3/4 pound feta cheese, crumbled
freshly grated parmesan cheese, to taste (optional)
freshly ground black pepper

Instructions

1. Begin heating water for the pasta.
2. Add olive oil to a dutch oven or deep frying pan, place over medium heat.
3. When the oil is warm (test by adding a piece of onion, if it crackles the oil is ready), add onions and cook for about 10 minutes. Stir occasionally.
4. Place chopped greens in the frying pan, add salt to taste and stir. When the greens have begun to wilt, cover the pan and cook over medium to low heat for 10-15 minutes.
5. Cook the pasta until al dente.
6. Reduce greens mixture to low heat, add crumbled feta cheese and stir.
7. Reserve about 1/2 cup of pasta cooking water, and drain the pasta.
8. Add pasta to greens mixture and stir. Thin the sauce, if desired, with small amounts of pasta cooking water. Cook over low heat for a few minutes.
9. Add parmesan cheese, if desired, and freshly ground black pepper, to taste. Serve immediately.

Comments

Greens can be any combination of spinach, chard, escarole, collard, mustard and kale. Or feel free to try some greens our vendors offer that you may never have seen at the local market!

Adapted from Still Life with Menu Cookbook by Molly Katzen.

For recipe updates go to the recipes page (<http://www.bedfordmarket.org/recipes.php>). We will be updating this page weekly with recipes including foods featured at the market.