



www.Bedfordmarket.org

Mondays 2 - 6:00 pm
June 16 - October 20

Volunteers:

Founder and President -
Susan Grieb

Co-Founders -
Barbara Purchia,
Moira Sarson

Market Managers -
Susan Grieb,
Barbara Purchia,
Moira Sarson

Clerk and Bedford Food
Pantry Liaison -
Barbara Purchia

Treasurer -
Moira Sarson

Web Master, Member
Ship Coordinator -
Jack Donohue

Art/Graphic Design -
Sing Hanson

Artisan Coordinator -
Cindy Haynes

Performer/
Entertainment Coordinator-
Suzanne Neal
Chris Lipson

Recipe Coordinator -
Carol Reed

Marketing/PR, Newsletter
Editor -
AnnaLisa Madison

Calendar, Photography /
Video Coordinator -
Leslie Wittman

Community Table
Coordinator -
Carol Jamison

The Bedford Farmers' Market Newsletter

Volume 1, Issue 10

October 13 – 20, 2008

THE OMNIVORE'S DELIGHT – COLUMBUS DAY FALL FESTIVAL

The Bedford Farmers' Market is having our first Fall Festival on Monday, October 13. We have lots going on, musical entertainment, local authors, pumpkin decorating, local artisans, Friends of the Job Lane House, hoola hooping, and of course, fresh, incredible, edible produce. Get your local, farm fresh eggs; sample some pumpkin bread and muffins, fabulous dessert sauces, spreadable fruit jams in a variety of tempting flavors, delectable fudge, pumpkin spice popcorn, fresh micro-roasted coffee, home made ice cream, and much, much more. There are only two weeks left to experience how much fun shopping can be.

Pumpkin and Veggie decorating will be back by popular demand. It was such a treat watching the children decorating pumpkins, peppers, and squash. Join the fun. Bring a pumpkin, a squash, or your favorite vegetable to the Manager's Table. Create Ms. Pumpkin Head, a Pepper Face, a Squash Straw Man, or a Gourd Swan. All of the decorating material will be at the Manager's Table.

Locally Grown Literature!! We have five wonderful local authors who will be selling and signing their books. At 2pm, we have Andrea Cleghorn, author of Rosie's Place, Offering Women Shelter and Hope; Joe and Dorothy Kennedy, will have Knock at a Star: A Child's Introduction to Poetry (by Joe and Dorothy) and Exploding Gravy: Poems to Make You Laugh (by Joe); at 3pm Pat Byrne, author of Italy Discovery Journal and Great Britain Discovery Journal; and at 4pm Sarah Getty will have The Land of Milk and Honey and Bring Me Her Heart.

Andrea Cleghorn is the author of "Rosie's Place: Offering Women Shelter and Hope and Life in Lexington. She is a life coach and writing coach, a travel writer / photographer for magazines and newspapers nationally and is at work on a book of essays about her travels though Ireland.

Joe (X.J.) Kennedy has received numerous recognitions for his poetry including the Lamont Award of the Academy of American Poets for his first book, Nude Descending a Staircase, the Golden Rose of the New England Poetry Club, the National Council of Teachers of English Year 2000 Award for Excellence in Children's Poetry, and in 2004 the Poets' Prize for The Lords of Misrule: Poems.

Dorothy Kennedy is a co-author of two award-winning books for children, Talking Like the Rain and Knock at a Star: A Child's Introduction to Poetry. She has published two poetry anthologies for children, I Thought I'd Take My Rat to School and Make Things Fly.

Pat Byrne wrote The Italy Discovery Journal and co-authored The Great Britain Discovery Journal to help her kids enjoy family travels. They present the travel experience in an engaging and interactive way with quests and amazing facts.

Sarah Getty is an award-winning poet and fiction writer. Her second book of poems, Bring Me Her Heart, received nominations for the Pulitzer Prize and National Book Award. Her first collection, The Land of Milk and Honey, won a Cambridge Poetry Prize in 2002. Sarah's poem "That Woman" appeared in the anthology Birds in the Hand. She received the New England Poetry Club's Barbara Bradley Prize in 2004.

We would like
to thank our
sponsors:



Dr. Dianne
Bridgeman

Carlton-Willard
Village
Resident's
Association

Ken Larson



October 6 Winner!! Tara Veneracion and her family

**Win a FREE BFM shopping bag filled with fresh market products by
entering the Bedford Farmers' Market drawing**

**Congratulations to our September 29 and October 6 drawing
winners:**

Jean Dacey and Tara Veneracion

Pick up your ticket at the Manager's Table

AT THE MARKET MONDAY, OCTOBER 13

Artist Table:

Pam Newman – Jewelry
Karen Peralta - Jewelry

Community Table:

The Friends of the Job Lane House
Bedford Social Club

Entertainment:

2:00pm Ken Pruyn - Country Music
2:00pm Allyson Makiej – Demonstrating Hoola Hoop Fitness
5:00pm Barb Levine, Carol and Steve Bittenson – Traditional Folk with
Hammered dulcimer, fiddle, and banjo

Authors:

2:00pm Joe and Dorothy Kennedy – www.xjanddorothymkenedy.com/index.html
2:00pm Andrea Cleghorn - www.vandb.com/authorcleghorn.html
3:00pm Pat Byrne - www.kidseurope.com/
4:00pm Sarah Getty - www.sarahgetty.net/

[CHECK OUT LAST WEEK'S MARKET PHOTOS](#)

**THANKS TO EVERYONE WHO HAS HELPED ON MARKET DAY!! WE
NEED HELP FOR THE LAST TWO MARKET DAYS.**

PLEASE SIGN UP AT

<http://www.bedfordmarket.org/volunteer.php>

RECIPE OF THE WEEK: Potato Leek Soup with Kale and Sausage

Servings: 6-8

Ingredients:

- 5 tablespoons olive oil, divided
- 3 leeks, whites and light green parts only, thinly sliced
- 1 pound sausage (chorizo, linguica or Italian), chopped
- 2 teaspoons paprika
- 1 1/2 pounds potatoes, peeled and cut in 1/4 inch slices
- 8 cups chicken broth
- 1 1/2 pounds kale, stemmed and chopped coarsely
- 3 cups 1/2 inch cubes rustic bread

Instructions:

1. Place a large pot over medium heat, add 3 tablespoons olive oil.
2. When oil is warm, add leeks and cook about 8 minutes.
3. Add sausage and paprika, cook 1 minute while stirring.
4. Add potatoes and broth, increase heat and bring to boil.
5. Stir kale into soup.
6. When soup returns to boil, cover pan, reduce heat to low. Cook one hour.
7. While soup is cooking, place large skillet over medium heat and add remaining 2 tablespoons olive oil.
8. Add bread to skillet and stir occasionally until the cubes are toasted (approximately 10 minutes).
9. Serve soup, pass croutons as a garnish.

Comments:

Leeks, potatoes, and kale are all available from our farmers. Stillman's at the Turkey Farm sells sausage. Rustic breads are available at The Biscuit.