



Volunteers:

Founder - 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, membership coordinator - Jack Donohue

Art/Graphic design, Merchandise/Signage Coordinator - Sing Hanson

Art/Web site design - Beth Scott

Artisan Coordinator - Cindy Haynes

Performer/Entertainment Coordinator - Suzanne Neal and Chris Lipson

Recipe Coordinator - Carol Reed

Marketing/PR Coordinator, Newsletter Editor AnnaLisa Madison

Calendar Coordinator, Photography/Video Coordinator Leslie Wittman

Community Table Coordinator Carol Jamison

The Bedford Farmers' Market Newsletter

Volume 1, Issue 2

June 20, 2008

THE OMNIVORES DELIGHT

By: Susan Grieb

What a great opening day we had. It was everything we had hoped for. The weather though overcast, held back from raining until the market closed. WOW, did this town ever support the market! Everywhere I looked, I saw folks meeting friends, chatting happily with the vendors, and children all around the magician. All of the volunteers mentioned that the day just flew by and what fun it was for them to be there and catch up with old friends. Leslie Wittman took some wonderful pictures of opening day, which you can view on www.bedfordmarket.org.

We closed the market and had everything cleaned up by 7:00. You would never have known such a large event had ever taken place. The volunteers headed out for a celebratory drink and a moment to reflect on the day. As a result, I did not have a chance to try my fresh market fish, tomatoes, and broccoli until the next night. The food was wonderful. I never knew fish could be so good. I can not wait to get more at the market next week.

If you would like to volunteer at the market, you can sign up at <http://bedfordmarket.org/volunteer.php>

Items needed

The market needs the following items. If you would like to donate or lend these items please contact Susan Grieb at SLGrieb@comcast.net

3 folding chairs, 2 wheel dolly for hauling heavy items, traffic cones, and reflective vests

AT THE MARKET MONDAY, JUNE 23

At the Artisan Table: Kest Schwartzman of Vagabond Jewelry makes hand-forged copper jewelry. Kest's work can be viewed at his website: <http://vagabondjewelry.net/Artist.html>

At the Community Table: Habitat for Humanity's *Women Build* program is fundraising for construction materials for the Bedford Habitat project on North Road. They are working towards having a week where only women work on the project. You can "Buy a Board" or for a \$5 donation your child can put their handprint on a banner titled, "Helping hands come in many sizes."

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:.

AT THE MARKET MONDAY, JUNE 30

At the artisan table: Holly Bloomfield is a portrait and special events photographer. She works from her studio, Portraits By Holly, located in Bedford, MA. Holly can be reached at hollysportraits@aol.com.

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At the Community Table : Friends of the Job Lane House- historic Bedford house and garden- info and brochures, colonial toys, colonial dress

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: **garlic scapes*(available on June 23)**, strawberries, rhubarb, cherry tomatoes, lettuces, mizuna *, arugula, Komantsuma *, 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: Granola, dessert sauces, black bean salsa

FARMERS' MARKET RECIPE FOR THE JUNE 20 ISSUE

Halibut with Black Bean Salsa and Garlic Scapes*

Servings: 2-3

Ingredients

2 to 3 garlic scapes, minced
1 to 2 tablespoons olive oil
1 pound halibut (or substitute any other white fish) from Globe Fish
1/2 container Black Bean Salsa from In Good Taste

Instructions

1. Preheat oven to 375°
2. Saute garlic scapes in oil in an ovenproof skillet on medium heat. Cook until scapes are limp, about 2 minutes.
3. Remove pan from heat. Place halibut on the garlic scapes.
4. Pour Black Bean Salsa on top of the fish.
5. Place skillet in the oven and bake about 20 minutes. (Cooking time will vary by the thickness of the fish fillet.)

Comments

This recipe was provided by our vendor In Good Taste. I made it after arriving home from the first day at the Farmers' Market. It was simple to prepare and delicious. I was particularly taken with the garlic scapes, which I had never seen before. They were sold by Butterbrook Organic Farm and Kimball Fruit Farm.

Carol Reed

Bedford Farmers' Market Recipe Coordinator

Farmers' Market Pointers of the Week

There is a short window every year when garlic scapes are available, and we are in the "garlic scape" sweet spot now. I was told they will be available June 23 but maybe not after that. I had never heard of them and noticed a lot of other customers were asking about them. Some links (which also feature recipes) are below:

<http://www.moscowfood.coop/archive/scapes.html>

<http://www.iht.com/articles/2008/06/18/technology/183arex.php>

http://www.baristanet.com/food/2004/07/did_you_say_sca.php