



#### 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 Coordi-  
nator - Suzanne Neal  
and Chris Lipson

Recipe Coordinator -  
Carol Reed

Marketing/PR Coordina-  
tor, Newsletter Editor -  
AnnaLisa Madison

Calendar Coordinator,  
Photography/Video Co-  
ordinator - Leslie Witt-  
man

Community Table Coor-  
dinator -Carol Jamison

# The Bedford Farmers' Market Newsletter

Volume 1, Issue 3

July 4, 2008

## OMNIVORES DELIGHT

### The Top 12 Reasons to Shop the Bedford Farmers' Market Barbara Purchia

1. It's lots of fun
2. You get to meet your friends and neighbors and make new friends
3. You get to try fruits and vegetables you have always wanted to try and some you've never heard of
4. You're supporting local farmers and preserving open space
5. It's like Bedford Day every Monday
6. You're supporting the Bedford Community, through the Community Table, local artisans and performers, and the Bedford Food Pantry
7. You can learn about healthy eating and why your food will stay fresher longer
8. You get to meet wonderful vendors
9. You can try new recipes every week based on the wonderful products at the market, from fish, meat, and eggs; to baked goods; to sauces, jams, and salsas; to fresh produce
10. You'll be surprised by the variety of products at the Market has each week
11. You will leave a lighter carbon footprint
12. You can become familiar with the Minuteman Bikeway

## BEDFORD FARMERS' MARKET SUPPORTS THE BEDFORD FOOD PANTRY

The Bedford Farmers' Market also has a collection bin for the Bedford Food Pantry. The Bedford Food Pantry has been serving meals to people in need for many years. The Food Pantry especially appreciates fresh produce and baked goods. Last week, the pantry received generous donations from two of our vendors, Old Forge Farm and Ooh La La Fudge. Please consider donating either a non-perishable item or something fresh from the market.

## AT THE MARKET MONDAY, JULY 7

**At the Artisan Table:** Chris Taylor displays his jewelry, keychains, and architectural accessories

**At the Community Table** The Bedford Minuteman Company will be at the Community Table. They are a marching and ceremonial unit dedicated to keeping our colonial heritage alive, and honoring the Bedford Flag (the first battle flag to fly over the Colonials in

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the American Revolution). They'll have information about the group, and will be selling Bedford Flag mugs, t-shirts, license plate holders, and other historic Bedford items.

**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

## AT THE MARKET MONDAY, JULY 14

**At the Artisan Table:** Claudia Fox Tree with her hand-made clay beads inspired by Native American designs and incorporated into jewelry and other wearables and Melissa Skorupka, of Small Luxuries with her hand-crafted jewelry

**At the Community Table :** The Bedford Council on Aging will have the booth. This is a municipal agency serving Bedford's 3300 residents 60 and older, and their families and caregivers. They offer fitness, informational, and social activities, as well as assistance to individual elders and their families. They will have information at the Community Table about their numerous programs and services.

**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

## RECIPES:

### Sassy Sauces Fondue

#### Ingredients

Any combination of following ingredients from our vendors:

Strawberries  
Blueberry Bread  
Banana Bread  
Lemon Poppy seed Bread  
Biscotti  
Lemon Pound Cake  
Chocolate Almond Pound Cake  
Chocolate Cake  
Fudge  
Chocolate Brownies  
Sassy Sauces Bittersweet Chocolate Sauce

#### Instructions

Wash and hull strawberries.  
Cut breads, cookies, fudge into bite size pieces.  
Arrange strawberries and sweets on a platter.  
Melt Sassy Sauces Bittersweet Chocolate Sauce over low heat. Heat until warm, stirring frequently.  
Serve sauce with strawberries and sweets.

**Comments** The above list of sweets is a small set of the desserts brought each week by our vendors. Please check out their booths for not only these ingredients but others that can also be used in a fondue. This recipe is perfect for a hot summer night it's quick, easy, delicious and best of all, it won't heat up your kitchen!

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For more fabulous recipes visit our website <http://www.bedfordmarket.org/recipes.php>

### FARMERS' MARKET POINTERS OF THE WEEK:

What do you do with dandelion greens?

[http://www.rwood.com/Articles/Dandelion\\_Greens.htm](http://www.rwood.com/Articles/Dandelion_Greens.htm)

<http://www.umext.maine.edu/onlinepubs/htmlpubs/4060.htm>

<http://www.epicurious.com/recipes/food/views/SPICY-SAUTEED-DANDELION-GREENS-107815>

<http://www.mariquita.com/recipes/dandelion.html>

<http://www.wholefoodsmarket.com/recipes/salad/dandelion.html>

### WE STILL NEED VOLUNTEERS!

The market will not be possible without a team of volunteers. If you love the market and want to get involved, we need your help!

It's not really work... It's loads of fun. Join your friends and neighbors in supporting local food, art, and music in a vibrant community gathering space.

On Market Day, we have three shifts of 2 - 2 1/2 hours. The first shift and the last shift involve some lifting. During the first shift we set up canopies, tables and supplies for the managers and community tables. The second shift mans the Manager's Table and helps with directing traffic. During the last shift we take down the canopies, tables, and supplies and put them back in storage.

If you can help, please sign up at <http://www.bedfordmarket.org/volunteer.php>; You can also sign up at the Manager's Table at the Market or talk to one of the Market Managers.