



Bedfordmarket.org

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Co-Founders -
Barbara Purchia,
Moira Sarson

Market Managers -
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Pantry Liaison -
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The Bedford Farmers' Market Newsletter

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DEAR BFM

This issue we're starting a new column, Ask BFM. Ask any market related questions and BFM will try to answer them. Send your questions to: bsrpurchia@aol.com using "Ask BFM" as the subject.

Dear BFM,

Do you have any tips or suggestions for shopping at the Bedford Farmers' Market?
Anne

Dear Anne,

Shopping at the Bedford Farmers' Market (BFM) or one of the other nearby farmers' markets is the easiest way to eat locally. You know where the food comes from; you can talk to the producer. Spending a little time planning, you can have fun shopping at the BFM and make cooking a snap all week long.

I'll address your question in three parts: Planning, Shopping, and what to do after shopping.

Here are a few tips that I've found helpful:
Plan before you go to the BFM:

- Know the market hours. The BFM is held on Mondays from 2:00 – 6:30. No vendors are allowed to sell before 2 PM.
- If you know what you're likely to find at the market, you can do a bit of meal planning and shop accordingly. For example, if local broccoli has just come into season and you can't get enough, you know you'll want to eat some steamed, some cooked into a soup, and some sliced raw in a salad or in a veggie dip. So you'll have an idea of how many heads of broccoli to buy and that you'll also need some spring onions or herbs to add to the soup and also some salad greens. You may also want to experiment with different varieties of broccoli. This web site lists some Northeast seasonal fruits and veggies and their availability:
http://localfoods.about.com/od/searchbyregion/a/NE_Seasons.htm
- Bring your own sturdy canvas or nylon bags, a basket or a light shopping cart. The BFM has wonderful, roomy eco-friendly shopping bags available at the Manager's Table for a donation. A backpack can make carrying weighty or bulky items easier. If you buy a lot every week, consider acquiring a wheeled cart or wagon (strollers make wonderful conveyances for fruits and vegetables) to get all your goodies in one trip. Recycle plastic bags by bringing them with you and asking the vendors to use them instead of theirs.
- Keep a cooler in your car to keep your purchases fresh and safe during hot weather and during the ride home. Get freezer packs or ice packs the day of the market and put them in the cooler.
- Bring cash. Most of our vendors do a cash-only business; do them a favor and bring small bills and coins. Some vendors will take checks. Purchases will go easier and faster if you have exact (or close to exact) change.

Next issue, we'll address shopping at the BFM.

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

AT THE MARKET MONDAY, AUGUST 4

Artist Table:

Claudia Fox Tree – Hand-made clay beads inspired by Native American designs and incorporated into jewelry and other wearables

Carol Lebeaux - Cut portrait silhouettes done from live models

Community Table:

Habitat for Humanity- Women's Build

Entertainment:

2:00pm Catherine O'Kelly - Classical Guitar and Oboe

3:00pm Tony Gong - Acoustic Guitar Original and Cover Music

4:00pm Heather Cullen & Ryan Ruiz - Acoustic Guitar and Vocal/Cover Songs

AT THE MARKET MONDAY, AUGUST 11

Artist Table:

Janet Gersh, of The Glass Jug - Glass beads and jewelry

Mike Gersh - pottery

Community Table:

Bedford Arts and Crafts Society @ the Market

Entertainment:

2:00pm Catherine O'Kelly - Classical guitar and Oboe

3:00pm Tony Gong - Acoustic Guitar Original and Cover Music

4:00pm Heather Cullen & Ryan Ruiz - Acoustic Guitar and Vocal/Cover Songs

5:00pm Ben Bosco - Classic Rock/Acoustic/Modern Rock

RECIPES:

Feta & Dill Galette with Lemony Greens Salad

Servings: 4

Ingredients

2 large eggs

1/3 cup crème fraîche or heavy cream

2 Tbs. chopped fresh dill, plus 1/2 cup loosely packed dill sprigs for the salad

1 tsp. lightly packed, finely grated lemon zest

1/2 tsp. kosher salt; more for the salad

Freshly ground black pepper

1 sheet frozen puff pastry, thawed

1 cup crumbled feta (about 4 oz.)

4 small handfuls baby spinach or arugula (about 3 oz.), washed and dried

3 Tbs. extra-virgin olive oil

1 Tbs. fresh lemon juice; more to taste

Instructions

Instructions for Galette:

1. Preheat oven to 450°F.
2. Whip eggs, crème fraîche or cream, chopped dill, lemon zest, salt, and pepper in a bowl.
3. Lightly flour a work surface.
4. Roll puff pastry on floured surface to an 11 by 13 inch rectangle.
5. Place a sheet of parchment paper on a rimmed backing sheet.
6. Place the puff pastry on the baking sheet.
7. Rub the edges of the puff pastry with water, just to slightly moisten.
8. Fold the sides up to form a 3/4-inch border.
9. Sprinkle the feta inside your puff pastry "container".
10. Gently pour egg mixture over the cheese.
11. Place baking sheet in the oven.
12. Bake approximately 18 to 20 minutes. The pastry should be puffed and golden.
13. Remove galette from pan, cool on rack until just slightly warm.
14. Move the galette to a cutting surface, cut into 4 equal size pieces with same amount of border.

Instructions for Greens:

1. Mix spinach or arugula and dill sprigs.
2. Stir greens with olive oil and lemon juice.
3. Add salt, pepper, and more lemon juice to taste.
4. Divide greens onto 4 serving plates.
5. Top greens on each plate with one piece of galette.
6. Serve immediately.

Comments

Make Ahead Tips

Puff pastry can be thawed in the refrigerator overnight. If you forget to do this, it can be thawed at room temperature for approximately 45 minutes.

From Fine Cooking 87, pp. 78A

THE 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 helping people in need for over 15 years. The Food Pantry especially appreciates fresh produce and baked goods. Thank you to the following vendors for their generous donations: Old Forge Farm, Ooh La La Fudge, Chip-In Farm, Kimball Fruit Farm, SwissBakers, and The Biscuit. Please consider donating either a non-perishable item or something fresh from the market.

MARKET DAY VOLUNTEER OPPORTUNITIES – WE NEED YOUR HELP!

We really, really need your help! Please consider helping the BFM. We need help before, during and after the Market. We need help from 12:30 – 2 with Market set up. This involves taking items out of storage and setting up canopies and the Manager's Table. We have several opportunities for manning the Manager's Table from 2 – 4 and 4 – 6:30. We need help from 6:15 – 7 for Market close down, which involves taking down canopies, the Manager's table including supplies, and putting them into the storage area.

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