



Bedfordmarket.org

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Susan Grieb

Co-Founders -
Barbara Purchia,
Moira Sarson

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Barbara Purchia,
Moira Sarson

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The Bedford Farmers' Market Newsletter

Volume 1, Issue 6

August 18, 2008

DEAR BFM

This is the second part of a three-part response to tips and suggestions for shopping at the BFM. Part one appears at:

<http://www.bedfordmarket.org/newsletter/NewsletterV1N5.pdf>

Dear Anne,

Now that you've done your planning for the BFM, it's time to go shopping. Here are some suggestions for your BFM visit.

Shopping at the BFM

- You'll find the best selection early in the day; so try to get there when the market first opens. The best foods go first. Popular but limited items, like the first broccoli of the season or certain rustic breads, may sell out before the day is done.
- Take a stroll through the market before buying and knowing what is available may help you map out a wallet strategy. Take time to taste and compare the offerings of different vendors. Browsing may also help you determine what meals you may want to prepare.
- Go without a list. This probably goes against what you've learned, but the point of going to the BFM is to get the freshest possible produce. So plan on buying whatever looks best and plan your meals around your purchases.
- Understand the growing seasons. If you know what to expect when you get to the BFM, making decisions is much easier. Talk to the farmers about what will be coming to market in upcoming weeks.
- Think about how food grows and comes to the markets without being processed first. Carrots come whole and unpeeled. Beets still have greens (and dirt) attached. Learning to handle just-harvested produce may take some getting used to, but the superior flavor is worth it.
- Plan for some spontaneity. Leave a bit of wiggle room for those cherries you didn't know would be at market so early, or the mizzuna you've never tried before. Trying new things is part of the fun of going to the BFM. Ask the farmer how to select, store, and prepare it and how they like to eat it.
- Take time to chat with our vendors. Getting to know your BFM vendors is part of the fun of shopping. You'll also become a wiser shopper.
- As you buy, put heavier, firmer items on the bottom of your bag or basket.
- If you're using plastic bags for corn, put the silk end of corn in the bag to prevent punctures,
- Buy frozen products or products that need to be refrigerated last.

Next issue, we'll address what to do after you've finished shopping at the BFM.

If you have any market related questions, send them to: bsrpurchia@aol.com using "Ask BFM" as the subject.

We would like to
thank our
sponsors:



Dr. Dianne
Bridgeman

Carlton-Willard
Village
Resident's
Association

Ken Larson



Sing Hanson shows off her roomy Eco-Friendly shopping bag

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

Congratulations to our first BFM drawing winner: Mary Jacobs

[Click here for ticket](#)

AT THE MARKET MONDAY, AUGUST 18

Artisan Table:

Gerry Foley – Aprons, swing jackets, blouses, tea cozies, bags and totes

Jean Hart – Prints, cards, bookmarks, magnets

Community Table:

Friends of the Bedford Library

Entertainment:

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

3:00pm "That Old Brack Magic" Jeb Brack, magician

AT THE MARKET MONDAY, AUGUST 25

Artisan Table:

Gerry Foley – Aprons, swing jackets, blouses, tea cozies, bags and totes

Jean Hart – Prints, cards, bookmarks, magnets

Community Table:

Bedford Family Connection

Entertainment:

3:55pm and 4:20pm Callahan's Karate Demo

4:00pm Cotter Ellis - Guitar and Vocal

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

RECIPE OF THE WEEK: Chard Gratin

Servings: 4

Ingredients:

- 1 1/2 bunches of chard
- 1 cup fresh breadcrumbs
- 2 teaspoons melted butter
- 2 tablespoons butter
- 1 onion, diced
- Salt
- 2 teaspoons flour
- 1/2 cup milk
- A few strokes of freshly grated nutmeg

Instructions:

1. Preheat oven to 350°
2. Bring 2 quarts of salted water to a boil.
3. While the water heats, Wash the chard, remove stems.
4. Set aside half of the stems for later use. Thinly slice remaining stems.
5. Add the sliced stems to the boiling water and cook for 2 minutes.
6. Add the chard leaves to the water and cook until tender, about 3 minutes.
7. Drain the water and cool the cooked chard.
8. Squeeze the stems and leaves to remove water, and then coarsely chop them.
9. Mix breadcrumbs and melted butter. Toast until light brown (about 10 minutes) on a baking sheet in the oven. Stir occasionally.
10. Melt 1 1/2 tablespoons of butter over medium heat in a heavy-bottomed pan and add the diced onion. Cook until translucent, about 5 minutes.
11. Add chard to saucepan, season with salt, and cook for 3 minutes.
12. Sprinkle flour into the pan and stir.
13. Add milk and nutmeg, cook for 5 minutes, stirring periodically. (If mixture gets too thick, add more milk. The chard should be moist but not floating in liquid.)
14. Grease small baking dish.
15. Add chard to baking dish, smooth to distribute mixture evenly.
16. Cut remaining butter into small bits, scatter butter on chard mixture.
17. Sprinkle breadcrumbs evenly over the top.
18. Bake until the gratin is golden and bubbling, 20 to 30 minutes.

Comments:

Adapted from http://www.thewednesdaychef.com/the_wednesday_chef/2008/07/alice-waterss-s.html

Recipe coordinator notes - I used 1 entire bunch of red chard and 1 entire bunch of collard greens. At step 13, I added 4 ounces of grated cheddar cheese and replaced the butter at step 16 with 2 ounces of grated cheddar. It was delicious.

THE BEDFORD FARMERS' MARKET SUPPORTS THE BEDFORD FOOD PANTRY

The BFM also has a collection bin for the Bedford Food Pantry, which has been helping people in need for over 15 years. The Food Pantry especially appreciates fresh produce and baked goods. Thank you to Old Forge Farm, Ooh La La Fudge, Chip-In Farm, Kimball Fruit Farm, SwissBakers, and The Biscuit for their generous donations. 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. Market set up from 12:30 – 2 involves taking items out of storage and setting up canopies and the Manager's Table. Man the Manager's Table from 2 – 4 and 4 – 6:30. Market close down from 6:15 – 7 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>, at the Manager's Table at the Market or talk to one of the Market Manager's table.