



Bedfordmarket.org

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

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Ship Coordinator -
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Art/Graphic Design -
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Artisan Coordinator -
Cindy Haynes

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AnnaLisa Madison

Calendar Coordinator,
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Leslie Wittman

Community Table
Coordinator -
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The Bedford Farmers' Market Newsletter

Volume 1, Issue 7

September 1 – 8, 2008

LABOR DAY FESTIVITIES AT THE BEDFORD FARMERS' MARKET

Come to the BFM on Labor Day, Monday, September 1 to hear live music, listen to terrific storytellers, and enjoy the season's best, locally grown produce.

2pm, come listen to Ken Pruyn playing country music on his guitar.

Get a preview of the Three Apples Storytelling Festival. Enjoy free storytelling from 3pm – 5pm performed by Nicolette Heavey and Jim LaChapelle. The Three Apples Storytelling Festival will be at the Community Table. Stop by if you have any questions or want more information on this wonderful event.

Nicolette Heavey, known as The StoryWeaver, weaves together stories that were read or told to her with stories that she has read and those that she imagines. Since 2001, Nicolette has been inspiring children to listen through her energetic and playful tellings.

Jim LaChapelle sparks the imagination with a myriad of spoken word, movement, and character voices as he shares folklore from around the world. Jim has been telling stories for over a dozen years to young and old alike. He specializes in folk and fairy tales from around the world, from East Asia, to the Philippines, Africa, and back to North America.

The Bedford Farmers' Market is at the peak of the season!! Now is the time to come to the market for the freshest fruits and vegetables. Enjoy the produce while it's abundant! Our BFM produce vendors accept WIC coupons.

Dear BFM

This is the third part of a three-part response to tips and suggestions for shopping at the BFM. Parts one and two appear at:

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

<http://www.bedfordmarket.org/newsletter/NewsletterV1N6.pdf>

Dear Anne,

Now that you've done your planning for the BFM and made your shopping trip to the BFM, here are some tips for what to do after you've completed shopping.

After the shopping is over:

- Plan on bringing your purchases home before running any more errands. Leaving fresh produce sitting in a hot car can wilt it. Even leaving foods in a cooler in a hot car can cause them to wilt or melt.
- You are buying ultra-fresh produce; let the natural flavor show when you cook them. Keep the preparations simple. You will make cooking easier and you'll be likely to try and eat even more local foods next week.
- Try new recipes. Look at the BFM web site recipe page, <http://www.bedfordmarket.org/recipes.php>, for recipes featuring BFM market produce and products.

We would like to thank our sponsors:



Dr. Dianne Bridgeman

Carlton-Willard Village Resident's Association

Ken Larson

- If you want to save seasonal tastes for later in the year, learn the lost art of preserving food; such as freezing, canning, or drying.
- Store everything green in plastic bags in the refrigerator.
- Always keep tomatoes, garlic, potatoes and onions at room temperature.
- Leave the husks on and store corn, uncovered, in the refrigerator. For sweetest taste, use corn as soon as possible.
- If you can't use the freshly baked bread and rolls, you can freeze them. Take individual frozen rolls and pop them in the microwave for 15 – 20 seconds to defrost and they're ready to eat.
- Fresh fish can also be frozen.
- Air and moisture are the enemy of fresh coffee. Store fresh coffee in an airtight container on the counter. Do NOT store fresh coffee in the refrigerator.
- Learn more about individual fruits and vegetables from this website, including storage and handling: <http://www.fruitandveggieguru.com/>

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

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

Pick up your ticket at the Manager's Table



Week 1 Winner
Mary Jacobs



Week 3 Winner: :
Doris Whitt with her daughter, Tiffany

WORK FIVE SHIFTS ON MARKET DAY AND GET YOU CHOICE OF A FREE BFM T-SHIRT OR BFM SHOPPING BAG. SIGN UP AT <http://www.bedfordmarket.org/volunteer.php>

AT THE MARKET MONDAY, SEPTEMBER 1

Artist Table:

Elisa Jacobs – Project Have Hope – Jewelry made from recycled paper by women in Uganda

Community Table:

Three Apples Storytelling Festival

Entertainment:

2:00pm Ken Pruyne - Country Music

3:00pm Storytellers - Nicolette Heavey (The StoryWeaver), and Jim LaChapelle

AT THE MARKET MONDAY, SEPTEMBER 8

Artist Table:

Charlie Freaan – digital art designs

Community Table:

Gulf Mission Team

Entertainment:

2:00pm – 4:00pm Mark Hastings keyboard Eclectic

4:00pm – 6:00pm Ben Bosco - Classic Rock/Acoustic/Modern Rock

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

RECIPE OF THE WEEK:

Grilled Vegetables and Sausage with Herbs

Servings: 4-5

Ingredients

3/4 lb. zucchini cut in 1 inch pieces

3/4 lb. summer squash cut in 1 inch pieces

1 to 2 fennel bulbs, sliced thinly (reserve fronds for later in recipe)

3 Tbs. olive oil

salt and pepper to taste

1 lb. lamb, pork or chicken sausage cut in 1 inch pieces

1/3 cup parsley, chopped coarsely

1/3 cup basil, chopped coarsely

fennel fronds, chopped coarsely

1/2 cup Kalamata olives, pitted and sliced in half

2 Tbs. capers

1 lemon

Instructions

1. Preheat grill.

2. Mix zucchini, summer squash, fennel with olive oil in a large bowl.

3. Season vegetables with salt and pepper and stir in sausage.

4. Spray grill basket with non-stick spray, place on grill and fill with sausage and vegetables.

5. Stir meat and vegetables occasionally. Cook time should be 10-15 minutes (see comments).

6. While meat and vegetables cook, place chopped parsley, basil and fennel in a large bowl.

7. Add olives and capers to herbs.

8. When meat and vegetables are cooked, add them to the bowl of herbs.

9. Slice lemon in half, and squeeze both halves over bowl. Stir and serve immediately.

Comments: Cook time may vary by the intensity of your fire and the size of your grill basket.

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.