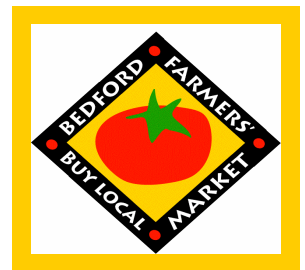




# The Bedford Farmers' Market Update

[Bedfordmarket.org](http://Bedfordmarket.org)



Week of August 25

## WHAT'S HAPPENING AT THE MARKET



Mouth watering, fresh and incredibly delicious! Apples, basil, beans (green, purple, shell, and wax) beets, blueberries, broccoli, cabbage (green and red), callaloo (also known as Jamaican spinach), cauliflower (white and yellow), chard (rainbow and Swiss), collard greens, corn, cukes, eggplant (purple, lavender blush, and Sicilian), garlic, kale (red Russian and green), lettuce (Boston bib, green leaf, red leaf, and romaine), onions (red and white), peaches (white and yellow), peppers (cherry hot, green Italian, green, jalapeno, and purple), potatoes (field, red, and white), raspberries, scallions, squash (patty pan and yellow), zucchini, and ....of course, tomatoes (over 10 different varieties including heirloom)

And we have meat, fish, eggs, dessert sauces, salsa, fudge, baked goods, tarts, spreadable fruits, muesli, popcorn, coffee, homemade foods, and much more

The BFM produce vendors accept WIC coupons.



## WIN A FREE BFM BAG WITH MARKET GOODIES

Win a roomy BFM Eco-friendly shopping bag filled with BFM fresh produce and other market treats. No purchase is necessary. Pick up a BFM ticket at the Manager's Table or print it out from our web site, [www.bedfordmarket.org](http://www.bedfordmarket.org), and then drop it off at the Manager's Table. One ticket per family per week. Drawings will be held Monday at 6:30 at the Manager's Table through September 8, 2008.

Congratulations to last week's winners: Kate and David Trigg

Come on down to the Bedford Farmers' Market for fresh food, fun, and community.



## AT THE MARKET MONDAY, AUGUST 25

### Artisan Table:

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

## **WE NEED HELP ON MARKET DAYS!!!**

**VOLUNTEER AND WORK FOR FIVE SHIFTS ON MARKET DAYS AND GET YOUR CHOICE OF A BFM T-SHIRT OR BAG**

Sign up at [www.bedfordmarket.org/volunteer.php](http://www.bedfordmarket.org/volunteer.php)