



Sundays 8 am—1 pm
Village Inn parking lot
Main Street, Belgrade Lakes village

We are open for the 2009 season—
rain or shine!

What's new at your local market?

June 19 2009

Farmers' market basics: How do I know my purchases are local and safe?

The Belgrade Lakes Farmers' Market was the featured business at the [Belgrade Lakes Region Business Group](#)'s monthly meeting on June 17th. We served rhubarb bars featuring market products (recipe below). After the meeting was over, a couple of pertinent questions came up that really deserved a better airing— so here they are!

Can anyone sell anything at the market?

By Maine law, a vendor selling at a farmers' market must grow or produce at least 75% of what is being offered. Any products brought in within the remaining 25% must be from Maine and must be labeled with the producer's name. Our vendors almost exclusively sell their own products—so yes, you are getting local goods and getting it right from the grower or producer.

What about food safety?

Also by Maine law, if you are selling anything other than raw unprocessed fruits and vegetables, you must have a license for that product, and of course the license specifications vary with the product. If you are baking, your water is tested and your kitchen inspected. Dairy and meat producers have stringent requirements. Maple syrup and any processed foods like jams or pickles require their own licenses, [Click to continue...](#)



STRAWBERRIES! Coming to the market this Sunday!

Did you know.....?

That the new organic garden on the White House lawn is only the latest in having the First Lawn produce food? It started in 1800— [watch the You Tube clip](#)

Recipe of the week—

RHUBARB BARS (ingredients in bold type are available at the Market)



Rhubarb is considered a superfood for its ratio of health benefits to calories - only 7 calories per 100 grams. Savvy slimmers have also realized it actually speeds up the metabolism. High levels of calcium mean it is a fat-free alternative to dairy products which lowers cholesterol.

[See full article](#)

Preheat oven to 350° F.

Crust:

1/2 c white flour
1/2 c whole-wheat flour
1/4 c confectioner's sugar
Cut in
6 Tbls cold **butter**

Mix in 2 Tbls (or so) milk or buttermilk until it barely holds together. Pat into 8" x 8" pan (greasing the sides helps later). Bake 12 minutes.

Filling—mix:

2 **eggs**, beaten
1 1/4 c sugar
1/4 c flour
1/4 tsp baking powder
1 tsp vanilla
Add 2–3 c chopped **rhubarb** (about 1/2–3/4 lb)

Pour over crust and bake 35 min until set and beginning to brown. Cool completely before cutting.

More on the market at
[www. belgradelakesfarmersmarket.org](http://www.belgradelakesfarmersmarket.org)

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at blfarmersmarket@gmail.com

Local food, safe food: continued from page 1

and processed foods are evaluated recipe-by-recipe (at the University of Maine food lab) before being permitted. Also by Maine law, a vendor must have his or her license on display when selling. At the Belgrade Lakes Farmers' Market, vendors who sell any product requiring a license must provide a copy of their license to the Market steering committee. We have no interest in playing fast and loose with food safety.

Of course, there have been cases in the news where produce itself became contaminated with a strain of *E. coli* bacteria that caused serious illness. *E. coli* contamination is far more likely in large-scale agriculture where produce goes through several handling steps than it is in locally grown produce from small farms. Produce at the Market is far fresher and has been handled less than what you buy in the supermarket. And again, Maine law looks out for food safety by requiring that all produce be displayed at least 6" off of the ground. But washing your produce is always a good idea, regardless of where it comes from.

Everyone at the Belgrade Lakes Farmers' Market is invested in making sure our customers get only the best and safest products, and our return customers let us know that we are getting it right!

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