



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

We are open for the 2009 season—
come and see us!

What's new at your local market?

26 June 2009

Farmers' Market Basics, continued

Last week we reviewed what makes a market a Farmers' Market in Maine—guaranteed local products. But if you're shopping for local food or other agricultural products someplace other than a farmers' market... ask questions! Roadside vegetable stands, for example, can sell whatever produce they want, and it's not necessarily labelled with its origin. Granted, a lot of roadside stands are real farm stands, offering only their (and sometimes their neighbors) local products. But others may be a mix, or entirely non-local produce. A couple of years ago, I stopped by a little roadside stand offering "fresh vegetables" and the perfectly nice young woman had apparently never given thought to where the produce came from— she bought her produce from a nearby dealer who bought it from a major Portland dealer who bought it from markets in Boston or New York. The unsuspecting shopper looking for "fresh vegetables" was getting the same produce they'd find at the supermarket, only not stored as well for freshness. Certainly not local food!

The farmers selling at the Belgrade Lakes Farmers' Market live within about 50 miles of the Village, most quite a bit closer (the closest is 3 1/2 miles away.) With one exception—our seafood vendor lives in Lisbon, fairly close by, but may bring seafood from further away along the Maine coast. We're doing our best to keep the Maine economy going!

This week at the market—

We will be setting up a short ways south on Main Street since the Village Inn has been booked for a special party. Look for our yellow signboard!

Did you know.....?

As of 2008, there were **4,685** farmers' markets in the U.S. serving more than 3 million shoppers— an increase from **1,755** in 1994. Just from 2006 to 2008, the number of markets increased by 7%. It's a growth industry!

Recipe of the week— WILTED SPINACH SALAD (ingredients in bold type are available at the Market)



Spinach has an awfully short season but while it's around... It's wonderful. Later in the season, try kale or chard.

With some hearty **bread**, this is all you need for a light supper. For a vegetarian version, skip the bacon and replace the bacon fat with hot olive oil.

These amounts serve 3 for supper, more if a side dish.

1 bag **spinach** (~ 1/2 lb), washed & stemmed, torn into pieces if large, spun dry

5 slices **bacon**, cooked until crisp, drained; leave the fat in the pan

2 **scallions** or 1 small red onion, sliced thin; and/or some **garlic greens**

Handful of pitted Kalamata olives, halved (optional)

1/2 tub **plain chevre** (goat cheese)

In a large bowl, toss spinach with 1-2 Tbsps vinegar (cider or red wine) to lightly coat. Add other ingredients above.

Heat bacon fat or olive oil until very hot, just short of smoking. Pour over spinach and quickly toss so the heat of the fat softens the spinach and everything is well mixed. Season with pepper and (if needed) salt.

You could add other goodies like sliced hard-boiled eggs, cooked asparagus, etc... have fun!

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

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Questions or comments? E-mail us at blfarmersmarket@gmail.com