



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?

2 July 2009

Rain, Rain Go Away— our farmers need to grow and hay

It's not news that the month of June was pretty miserable, weather-wise. It was the third rainiest on record in Maine (can you imagine that there have been two worse?). In the ten days from June 19 - 29, my rain gauge measured a hair under 7" of rain, almost three times what we'd expect!

How does this affect the Market vendors? The most obvious impact is on vegetable and flower growers. The rain and cold has stunted the growth of warm-season crops like beans and tomatoes, and increased losses from rot in crops like lettuce. And flowers for cutting are certainly more sparse than usual. But have no fear, we are an intrepid bunch and will continue to have produce for you. Flying Pond Farm's greenhouse is paying off with early green beans and tomatoes, and other produce growers are managing. Growers have to be adaptable. And salad-lovers are happy—the greens love this weather.

Other impacts are less obvious. The June hay crop was a disaster, so meat and dairy producers will be feeling those effects. Honeybees have had very little forage (no flowers!) and poor conditions for flight, so honey yields could be affected. Seafood, maple syrup, bakery, soaps—not so much.

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Did you know.....?

Folks all over the country are adding FOOD INDEPENDENCE DAY to their July 4th celebrations by using local food in their picnics and barbecues. Let's keep it going all summer! More info at www.foodindependenceday.org

Recipe of the week— Kale & Sausage Soup (underlined ingredients are available at the Market)



Kale is very high in beta carotene, vitamin K, vitamin C, lutein, antioxidants, and reasonably rich in calcium. Because of its high vitamin K content, people taking anti-coagulants such as Coumadin should avoid it or eat only a little. (source: Wikipedia)

About 6 servings.

Brown

$\frac{3}{4}$ lb sausage - sliced or crumbled (garlic sausage, Italian-style, chorizo, etc; not breakfast style) in just enough oil to prevent sticking. drain & set aside.

sauté in 1-2 Tbsp olive oil:

2 cloves garlic

1 onion (med to large depending on your taste) chopped until golden but not brown.

add:

4 c chicken or vegetable broth

3 c water

1 lb potatoes, sliced thin (well, they're not available at the market yet...)

cook until potatoes are just soft.

add the sausage and

1 bunch (~ $\frac{3}{4}$ lb) kale, midribs removed and leaves chopped simmer about 10 minutes until kale is cooked through.

Salt & pepper as needed.

More on the market at
www.belgradelakesfarmersmarket.org

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

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How about the effects of this stretch of weather on what customers buy? The increased attention to local food in the past year has been a real encouragement to small-scale farmers like ours at the Market— but we worry that people new to buying locally, or new to gardening, will get discouraged when the beans are late and they can't get the tomatoes they want. Adaptability is the key—it benefits shoppers as well as growers. Getting more of your food locally means changing your buying patterns, paying attention to the seasons, and making the most of the variety available. And it gives you an opportunity to try new products and new recipes.

Speaking of new recipes, this week's is an old one, basic homey soup with variations in Italian and Portuguese cuisine. With this dreary weather, the smell of a pot of yummy soup on the stove can cheer you right up. Let's hope we can transition to grilling recipes and cold foods soon!!

And a THANK YOU note —

Big THANKS to the Dulacs for letting us use their vacant lot on Main Street last week when the Village Inn had been previously booked. It was a great spot for the Market and both vendors and shoppers commented on how much they liked it! We appreciate their community spirit!

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