



Sundays 8 am—1 pm
NOTE VENUE CHANGE!
Two doors south of the Village Inn
Main Street, Belgrade Lakes village

come and see us!

What's new at your local market?

31 July 2009

National Farmers' Market Week is almost here!

Who could have imagined, only a few years ago, that farmers markets would grow to the extent that the US Secretary of Agriculture would proclaim a National Farmers' Market Week, complete with "whereas"es and "now therefore"s? And, not to be outdone, our own Governor Baldacci has matched the national week with Maine Farmers Market Week. Well, almost. The independent Maine streak crops up again: the 2009 National Farmers Market week is August 2–8 while the Maine Farmers Market Week is August 3–9. That means, of course, that our Sunday market gets to celebrate it twice – August 2 AND August 9!

So, how will you celebrate your local market? How about coming to the market and buying enough for a whole meal, or several meals, of great local foods? Then you can let us know about the great dishes you prepared. Something as simple as green beans with garlic, or as complicated as you'd care to make it. Or how about introducing a Belgrade-area friend to the market?

Stacy Miller's piece in the Huffington Post (7/28/09) could almost describe our market:

"In more rural areas, farmers markets preserve the local agriculture heritage and identity while providing jobs and community building initiatives. For instance, in 1999, there were just 17

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Yes, it's that time of year again!
Maine-grown corn, too!

Did you know.....?

A farmer in Virginia calculated that the average local food transaction delivers 500 pounds of food per gallon of fuel, **five times more efficient** than conventional transport .

(Washington Post 3/9/2008)

Recipe of the week— Orzo with Everything (ingredients in bold type are available at the Market)



Most folks know that broccoli is a nutrition superstar— the breadth of its benefits is quite amazing! —good source of Vitamin C, Vitamin A, calcium, folic acid, fiber, and protective phytochemicals. "Broccoli and its relatives naturally contain two important phytochemicals-- indoles and isothiocyanates. Researchers isolated an isothiocyanate, called sulforaphane, that increases the activity of enzymes in our bodies that squelch cancer-causing agents " (source: "[How Stuff Works](#)" website)

This is a great variant on pasta salad, and goes especially well with anything grilled (**chops or chicken** from the Market?). It is also popular at potlucks (no mayo!) Vary the vegetables as you please. Recipe adapted from one at [Epicurious.com](#).

1. Bring home from the Market:

1 lb or 1 head **broccoli** - cook only until barely done, tender-crisp, cool in ice-water, drain & chop

1 bunch **basil**

1 bunch **parsley**

1 red or white **onion** - sliced, soaked in ice water 10-15 minutes, drained

2 or so **tomatoes** (if not in season, substitute 1/3 c sundried tomatoes, soaked in hot water & drained)

Garlic (mince 2 large cloves) - add to orzo with the oil and vinegar

2. Cook 1 1/2 c orzo until tender but still with a little firmness (al dente). Drain well. Add:

5 Tbls olive oil

1/4 c balsamic vinegar or red wine vinegar

1/3 c chopped Kalamata or other greek-type olives

Sun-dried tomatoes, if using them

Let stand until cool.

3. add broccoli, onion, fresh tomato if you're using it, 1/2 c chopped basil, 1/4 c chopped parsley,

1/2 c toasted pine nuts (could substitute almonds)

1/2 c grated parmesan cheese. Season to taste with salt & pepper. Serves 6, more or less.

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

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markets in Alabama involving about 230 farms. In 2008, the number of markets jumped to over 100, with over 1,000 farmers participating. At each market, local growers and customers meet, mix, and make their community stronger. This happens in small towns across the country on each market day -- from Brattleboro, VT to Fayetteville, AR to Hanalei, HI. “

So, celebrate your local farmers' market by talking to your farmers, by your patronage, and by encouraging your friends to support local agriculture. Did you see the movie *Food, Inc.*? Every time you eat local you are not only eating great food, you are casting a vote for a more sensible and healthier American food policy!

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