



Sundays 8 am—1 pm

Village Inn parking lot
Main Street, Belgrade Lakes village

come and see us!

What's new at your local market?

21 August 2009

It's not all about the vegetables—locally raised meat has real advantages!

When you think “farmers’ market”, does the picture in your head feature corn, greens, herbs, tomatoes, and berries? For many, that’s the first that comes to mind. But Maine farmers’ markets, including ours, feature a plethora of healthy meats and poultry (as well as seafood, which is wild-caught, so another topic). This week, we’ll focus on why locally raised mammals and birds with access to sunlight and grass are better for you as well as for the environment.

The lamb, pork, veal, and beef available the Market come from grass-fed animals, and thus have much higher nutritional value than animals raised on grain in the feedlots (a.k.a. CAFOs, Confined Animal Feeding Operations) that are the source of almost all supermarket meats. Meat from grass-fed cattle and sheep is lower in fat and therefore in calories than feedlot versions, and the fats that they do have tend to be the healthier ones. For example, Omega-3 fatty acids, those “good guys”, are 2-4 times more abundant in grass-fed animals than in feedlot meat. And grass-fed animals also have much higher levels of another important fat, conjugated linoleic acid or CLA. Some studies have shown that higher levels of CLA in our diet reduces cancer risk.

In poultry, birds that are allowed outside are healthier and produce eggs with higher

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Yes, we have sweet corn — and tomatoes (for now) - and the other August goodies we've been waiting for.

(photo from outsiderinside.wordpress.com)

Did you know.....?

Not all pasture grasses are created equal—and pastured cattle can tell the difference. A Canadian experiment showed that grazing cattle preferentially choose the pasture components with the higher protein and mineral contents.

Recipe of the week— COLD CUCUMBER SOUP (underlined ingredients are available at the Market)



Cucumbers come in all shapes, various shades of green, yellow, or almost white, and sizes from tiny to more than a foot long. Many specialty varieties are “burpless” and free of the bitterness found in some cukes. But bitterness can vary a lot among individual cukes and is more likely at the stem end than the blossom end! Learn more about bitter taste in cukes and how to avoid it [here](#).

Photo above courtesy of thejewish-star.files.wordpress.com

Really easy, and really refreshing on a hot summer’s day— we hope we have a few more of those in store. You can also use buttermilk in place of some or most of the yogurt. Play with the amounts and mix of herbs too – maybe some cilantro instead of mint or parsley?

puree in food processor or blender: (for me- blender makes it a little smoother but food processor is easier)

4 medium cukes, peeled, seeded, chunked

2 scallions or some mild onion, sliced

1 clove garlic

add and whiz until smooth:

2 c yogurt – if thick, thin with some water

2 Tbls lemon juice

fresh dill– 2-4 T chopped

fresh mint 2 T chopped (or more to taste)

fresh parsley 1 T chopped

salt & pepper to taste. add more lemon juice if needed.

chill at least 4 hours or overnight. taste for seasonings after chilling. serve very cold (you can even put an ice cube in the bowl!).

More on the market at
www.belgradelakesfarmersmarket.org

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(locally raised meat rocks): continued from page 1

levels of Vitamin D than confined birds. Healthy levels of Vitamin D in your diet builds strong bones, strengthens the immune system, lowers blood pressure, and can reduce the risk of some autoimmune diseases. Eggs from free-range birds that are allowed outside access, especially if they are on pasture, also have higher levels of Vitamin A, lower levels of cholesterol, less saturated fat, and more beta-carotene than eggs from large-scale commercial chicken operations.

So... naturally raised meat and poultry like you find at the Belgrade Lakes Farmers' Market is nutritionally superior, tastes great, and is much more humanely raised than most supermarket equivalents. And it comes at a lower environmental cost, too, but that's a topic for another day. You eat better; you treat animals better; yes it costs more per pound in the short run (but maybe less per pound when you consider the added costs of health problems from conventional meat and poultry!); and you're supporting your local farmers – so what's not to love about buying your meat and poultry as well as your veggies and other treats at the market? Try it—you'll like it!

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Thanks to Eat Wild ([click here for link](#)) for background information for this piece and the “Did you know” item.