



Buffalo Farmers Market News

May 30, 2009

VOLUME 1 NUMBER 4

At the market this week

Asparagus
Lettuce
Green Onions
Rhubarb
Radishes
Spinach
Heirloom Tomato Plants
Pepper Plants
Veggie Plants
Hostas
Perennials

Coming soon:

Peas

Every week at the market:

Eggs
Fresh Baked Breads
Pies
Pasties
Baked Goods
BBQ Sauce
Salsa
Toffee
Coffee
Jellies
Pickles
Honey
Maple Syrup
Gourmet Dog Treats
Handmade Soaps
Birdhouses
Glass Art
Jewelry
Embroidered Crafts
Hand Tied Rugs
Beeswax Candles
Chair Massages (weather permitting)

Items with a "?" are in the hopeful category for the week. We are a local market and harvest with the seasons!

10 Reasons To Buy Locally Grown

We hear stories in the news everyday about eating and buying locally, and while this may be 'preaching to the choir', I thought I would share this list (from *Growing for Market*) with you.



1. Locally grown food looks and tastes better because they are picked and sold at the peak of freshness
2. Local food is better for you, shorter time in transport means less loss of nutrients
3. Local food is safer; there is an assurance that comes from looking a farmer in the eye at the farmers market, or driving by the fields where your food comes from.
4. Local food supports local families
5. Local food builds communities – know your farmer, know your food!
6. Local food keeps taxes down – farms pay more than they use in taxes
7. Local food benefits the environment and wildlife by promoting diverse habitats
8. Local food is an investment in our future
9. Local food preserves open space
10. Local food preserves genetic diversity by promoting a wide variety of fruits and vegetables



Recipe of the Week

Radishes with Lemon Vinaigrette

Every spring we have a great supply of radishes at the market, but always wonder what else we can do with them. Besides having a good radish straight from the ground, try this twist this spring.

1 bunch radishes (around 10)
2 tbsp lemon juice

4 tbsp olive oil
generous salt and pepper

Slice the radishes thin, about 1/8 of an inch. Combine lemon juice, olive oil, and a generous pinch of salt and several grinds of black pepper in a small bowl, and whisk until emulsified. Toss in the radish slices, and toss until thoroughly coated. Chill for fifteen minutes or more before serving.



Farmers Market Fun Facts

Radishes were first cultivated thousands of years ago in China, then in Egypt and Greece. Radishes were so highly regarded in Greece that gold replicas were made. The radish did not make its way to England until approximately 1548. By 1629, they were being cultivated in Massachusetts.

In Oaxaca, Mexico, Christmas Eve is also the Night of the Radishes, when large radishes are cut into animal shapes.

Americans eat 400 million pounds of radishes each year, most of which is consumed in salads.

Ask The Market

Do you have a question about the farmers market, products, growing produce, or vendors? Send your questions to info@buffalofarmersmarket.com and we will do our best to answer them!

Event Calendar

We have many exciting events planned for the season, here are just a few to mark on your calendar(subject to change):

Tomatopalooza! - August 22

Customer Appreciation Day
September 12

Fiesta de Salsa – October

Vendor Spotlight Joe Jerde

Whether you are looking for beautiful hostas, mouth-watering raspberries, or even handcrafted birdhouses and feeders, Joe has a wide variety of products to offer the market.



Market Member since 2003

Years in business: Beginning 7th year

How did you get started?

We needed a place to sell our raspberries and in time expanded to vegetables, plants, jam, and birdhouses.

What is the most surprising thing you have learned?

This is more work than most people realize.

What do you do when you are not gardening?

Dancing and spending time with my family

What are you most excited about this year?

I am looking forward to a long growing season and a long summer.

What is your favorite product?

The variety of tomatoes available and raspberries (editor's note: we are looking forward to the raspberries too!)



Contact us

Email

info@buffalofarmersmarket.com

Website

www.buffalofarmersmarket.com

Come to the market

Saturdays 8-Noon, May-October

Call

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