

Ringwood Farmers' Market Bites

A project of Eat Local, dedicated to bringing local foods to Ringwood.



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At the Market this Week...

Music at the Market is back this Saturday with DubSound Distortion. The band, which hails from Oakland, NJ, has a sound that's different from what you are used to hearing at the market. Check them out at www.myspace.com/dubsounddistortion.

There is a new product at **Nina's Red Barn Farm: Naturally Flavored Organic Butter** from Butter Bliss! It comes in cinnamon, orange, lemon basil, garlic parmesan and plain varieties in 1/4lb and 1/2lb sizes. As with store butter it holds in the fridge for a long time. She'll also have her fresh prepared horseradish!

Warm up at the Down Under Café booth with butternut squash soup, bruschetta made with locally grown tomato and basil, HOT apple cider and pumpkin squares with cream cheese frosting.

Bialas Farms has this to add... The chill in the air is enough to make you want to turn on the oven again! Go ahead, and grab some winter squash for baking. We'll have several varieties for you to sample this week, with pumpkins and ornamentals coming in soon. New baby in the house? Unseasoned pureed squash is a great 'first food'. Also, start baking potatoes (5 different types) and roasting root vegetables. There are many recipes available on our website: www.bialasfarms.com.

The corn is still coming on strong! In case you were wondering, we plant about 10 different sections of corn about a week apart. We do that so we have a new section of corn each week during corn season and we can pick each batch at it's peak of flavor. This week's supply is no exception and is still amazing. You should enjoy the sweet corn, and all the other summer crops, now because we don't know how much longer the crops will last.

Soup Bowls For Sale... They were a big hit last week and are back again this week! You can buy yours for \$10.00. Some are even filled with a local treat! All proceeds will benefit our School Garden Project which is bringing gardens to the Ringwood Public Schools. Stop by the managers' table to purchase one.

Book Club Update...

October's selection is "*Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder*" by Richard Louv. Read a [review](#) of this book or [join the book club](#) on our website.



This Week's Featured Recipe...

Sadly, tomatoes are beginning to disappear from the market. Make the most of what's left with this easy Tomato Confit. [Click here for the recipe.](#)

This Saturday is the Last Day to Get Your Tickets for the Harvest Celebration Dinner...

Saturday, October 4th will be Eat Local's **Harvest Celebration Dinner** at Harvest at Greenwood Lake Restaurant. Join us for a gourmet 5-course meal, featuring the areas seasonal bounty. The evening will feature a discussion of local agriculture by Cheryl Rogowski of the Rogowski Farm, Pine Island, NY. It will also feature the "Farming the Legacy" photo display and live music by Renee Lando. Please join us for what promises to be a delightful evening.

Tickets are \$40 per person and can be purchased this Saturday at the Market.



Check out the Mural ...

This Saturday, Suzanne Morris and Wendy Rhodes will be at the Farmers' Market from 10 - 12. Children of all ages are invited to come join them to observe life in the garden, create their own bug and leave a handprint on the School Garden Project Mural.

Call for Local Artisans...

The Ringwood Farmers' Market Second Annual Artisans Sale is going to be on Saturday, November 1st. Interested artisans should contact Teri Powers at: eatlocal@optonline.net ASAP!

Spread the Word...

Do you know someone who would like to receive news about the Ringwood Farmers' Market? Tell them about our mailing list. Signing up is easy! Go to: www.ringwoodfarmersmarket.org/newsletter and click on the sign up link.

You have received this message because you indicated that you wished to receive the Ringwood Farmer's Market E-newsletter. If you wish to stop receiving e-mail from Eat Local, please reply to this message and type the word "Remove" in the subject line. Questions or Comments? Send them to eatlocal@optonline.net.