



# 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...

The **Master's Garden** has put the perennials to bed for the winter. There will not be any plants the last 2 weeks of the market, but there will be great deals on jewelry and small gift items. If you make a purchase this week, you will get a coupon for an additional 10% off to use following week. You may call or email Debbie with any of your gardening questions, plans or orders for hard to find plants. The Master's Garden will be back next year with more variety!

**Down Under Café** is preparing for the cool fall weather by introducing pureed soup using local cauliflower, roasted garlic & potatoes cooked in vegetable stock. Don't grimace, you'll be surprised at the wonderful hearty flavor! They'll be back with the fall favorite pumpkin squares and with more butternut squash chili to keep out the cold! Down Under Café has also begun taking holiday orders for dinners and desserts made with local foods. Stop in at their café on Halloween and have some homemade cider and some other treats to celebrate the 1 year anniversary!

This week **Bialas Farms** are offering a special on potatoes and onions: Any of their regular \$.90/ pound potatoes and onions can be mixed and matched in their mesh bags for only \$6 for 10 pounds. These items last for months when stored properly and should get everyone by until their Open House at the Farm on Nov 26 (day before Thanksgiving). Ask at the Bialas booth for their Open House details. They will also have locally grown fresh peanuts this week, just in time for the World Series! They can be roasted in their shells for a toasty treat. Simply spread them in a single layer on a shallow baking sheet and roast in a 350 oven for 20 - 30 minutes. Let them cool down a bit before eating. Or try you can indulge in the southern treat, boiled peanuts. [Click here](#) for directions.

This week **Janet's Quality Baked Goods** is doing a fund raiser for "**CancerCare for Kids: Cupcakes for a Cause,**" which is a program for children and teens who are affected by cancer. This year is Janet's third year participating and she hopes to sell more cupcakes than last year! 100% of the proceeds are donated to Cupcakes for a Cause. In addition, a percentage of sales from all other items sold at Janet's Quality Baked Goods will donated as well.

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](mailto:eatlocal@optonline.net).



*The Number of Market Days Left  
in the 2008 Season!*

## Upcoming Events...

**Saturday November 1st:** Last Day of the Market for the 2008 season and we're marking it with our 2nd Annual Artisans' Sale. Start your holiday shopping early! The sale will feature pottery, jewelry, soap, gourds, knitting, artwork and more! For a listing of artisans and some photos of what's in store, [click here](#).

## Just a Minute of Your Time...

... is all it takes to take our market survey. Please go to [http://www.surveymonkey.com/s.aspx?sm=0AWcfaSraaDcoukmYMNwVQ\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=0AWcfaSraaDcoukmYMNwVQ_3d_3d) - we appreciate your help!

## Soup Bowls for Sale...

**Soup Bowls For Sale... Our stock is dwindling, get yours before they are gone!** You can buy yours for \$10.00. 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.