

# PAOLA FARMERS MARKET

*Fresh & Local to You*  
Brought to you by the Lions Club of Paola



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## Opening Day is almost here!!

Yes Opening Day is just around the corner. Vickie, Claudia and I can hardly wait to see all your smiling faces walking thru the square once again. I have had so many calls the last couple weeks with people showing an interest in being a vendor or just asking what we are going to have for sale this year. So please stop by our hospitality table, have a free cup of coffee and pastry with us and just say "Hi".

Singing for us on Opening Day will be Bill and Helen White's grandchildren.

The oldest is Ali Shappell 12, followed by her sister Kyla, 10. They live in Gardner Ks. Kaitlyn White lives in Paola, 9, and her sister Mikayla is 6, and they are cousins to Ali and Kyla.

Ali and Kyla are the children of PHS graduates Sarah and Jim Shappell. Kaitlyn and Mikayla are the children of Robert and Janaea White. (Rob is PHS graduate).

## Biscuits and Gravy served by the Lions Club

Also on Opening Day the Lions Club of Paola will be sponsoring our Super Fantastic Biscuits and Sausage Gravy breakfast. Please come and show your support to this fantastic community group. You might even ask about joining the group. Our meetings are the first and third Friday morning before you go to work - 6:30 am. Some say a bit early but what better way to kick off your day and see all the help in the community that the Lions Club provides.

## Kansas Yellow Dot Program

As a community service project the Lions Club, your local Fire Department and Police Department will be on hand to explain this program to you.

**What is the Yellow Dot Program?** – A program where a person can place medical information in the glove box of their car for emergency and medical personnel. This information will help emergency personnel to have medical information about the person driving the vehicle. The Kansas Yellow Dot kit contains a decal, a yellow envelope, an information sheet and instructions. The Lion group is paying for all the kits and this kit is free to you.

**Who can use the Yellow Dot Program?** - Anyone in Kansas who may have a medical problem that may impair their ability to operate a motor vehicle, for example diabetes or a seizure disorder.

**How do I use the Kit?** – Complete the information sheet and then place the envelope in your vehicle's glove box. Now attach the yellow decal to the outside of the rear drivers side window.

## Raffle

This year my sister Tracie Clary made a gorgeous quilt for raffling off and donating the money to our favorite charity. This would make a beautiful addition to your bedroom or a super gift for anyone. Raffle Tickets are \$1.00 each or 6 for \$5.

## Vendor Highlight – Country Heritage Fine Art Photography – Brenda Rose

### "Capturing God's Creations through Photography"

One of our vendors this year will be Brenda Rose. Brenda is so excited for the Farmer's Market to start because this is a new experience for her. She will bring her photography for sale, featuring Miami County Barns and her absolute favorite photography; horses. Along with those pictures she will also be bringing pictures of landscapes, wildlife and some samples of portrait photography, hoping to set up some appointments for portraits.

Other items to be included will be woodcrafts; wood tractors, scroll saw art and samples of woodcrafts that can be special ordered. As the market continues she hopes to also be adding scroll saw art.

Brenda and her husband also build elevated garden boxes to sell. Look for these and veggies as time goes by at the market. So stop by and introduce yourself to Brenda and let her know what your needs are. You may also go to Brenda's website at [www.CountryHeritageFineArt.com](http://www.CountryHeritageFineArt.com) or email her at [CountryHeritage@hughes.net](mailto:CountryHeritage@hughes.net)

## Market and the Community

Our market welcomes and encourages community involvement. We reserve a complimentary stall every week for any church, civic organization, non-profit etc. to have the opportunity to introduce themselves, conduct approved fundraising or just increase their presence in the community.

## UPCOMING EVENTS

I am working constantly on entertainment for the Farmers Market so if you know someone you would like to hear please have them call Debbi Duncan at 913-731-6870.

## Recipe of the Week

With all the fresh asparagus coming on I thought I would share a new recipe I just got from a friend this week. I even cooked it the other night for our good friends Jerry and Mary Ann Peterson. Jerry said it passed the taste test with flying colors.

### Sautéed Asparagus

- 1/2 lb [fresh asparagus](#)
- 1/4 cup [green onion](#), chopped
- 2 tablespoons [olive oil](#)
- 1/2 lb [fresh mushrooms](#), cut in half lengthwise
- 1/2-1 teaspoon [dried thyme](#) (depending how much you like the herb)
- 1/2 teaspoon [salt](#)
- 1/4 teaspoon [pepper](#)
- 3 ounces grated [parmesan cheese](#)
- 1 teaspoon [lemon rind](#), grated
- 1/4 cup [mozzarella cheese](#), finely shredded (optional)

#### **Directions:**

- Snap asparagus and cut into 1 inch pieces. Set aside.
- Cook green onions in olive oil over med. high heat, stirring constantly, for one minute.
- Reduce heat to medium.
- Add asparagus, mushrooms, thyme, salt and pepper. (Optional is a Tbs of Soy sauce.)
- Cook, stirring constantly, for about 5 minutes.
- Sprinkle with lemon rind and mozzarella cheese.

## **COMING THIS WEEK – May 7th**

### **Produce –**

Lettuce  
Radishes  
Onions

Salad Greens  
Fresh Herbs  
Eggs

Shriners will have bags of sweet onions

### **Baked Items, Jams & Jellies**

Honey  
Apple Butter  
Cinnamon Rolls  
Artesian Breads

Jellies  
Homemade Breads  
Homemade candies

Homemade Egg Noodles  
Jams  
Baked Goods

### **CRAFTS**

Hair Clips  
Wood Crafts  
Photography  
Hypertuffa  
Ragtime Quilts  
Loom Rugs

Beach Towels  
Lanterns  
Fresh Cut Flowers  
Garden stones  
Lavender Sachets

Aprons  
Metal Products & Decor  
Votive candle holders  
Garden Bricks  
Wind Chimes

Rose of Sharon starts  
Peperomia house plants

I am expecting many new vendors this year as the produce comes on. Come by, take a look, have a cup of coffee and doughnut hole or pastry with us and just enjoy the beautiful Paola Square along with your neighbors. Sit, visit and enjoy the children singing for your pleasure. While stopping by the Hospitality Table pick up a brochure on the Miami County Farm Tour on Saturday and Sunday (May 7<sup>th</sup> & 8<sup>th</sup>, 2011) Enjoy a Day Trip to the Country featuring clean air & a rural heritage. Three of our vendors are on the tour, Lonnie & Claudia Beverlin – Beverlin's Little Piece of Paradise, Leland & Slina Prothe – Prothe's Pecans and our newest vendor Gerald and Marilyn Silvers of Silver Lining Herefords. The Silvers will be selling the highest quality USDA inspected beef at future markets.

## **Annual Library Book Sale**

While you are out this weekend visiting the Farmers Market please check out the annual Library book sale going on Saturday 9- 3. Something for everyone.

## **Computer Problems**

"Is your computer slow? Does it take forever to start up and do anything? Did it get hit by a virus? Does it make loud or strange noises when it's running? Do software updates take forever on your dial-up?"

Bring it to KICS Computer Services we'll speed it up, quiet it down, cure its viruses, download and apply the updates at affordable prices. We're open 10A – 7P Monday – Thursday. 103 N Silver Street, Suite 1, Paola, KS 66071. 913-294-4000."

Karen I & Charlie S Clough are planning to be at the Market on opening day to answer any questions you might have with your Computer.

If you have any ideas for articles for this newsletter you may contact me, Debbi Duncan, at [Debbi.R.Duncan@gmail.com](mailto:Debbi.R.Duncan@gmail.com) or 913-731-6870.