

PAOLA FARMERS MARKET

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



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We support local farms, ranches, dairies and nurseries and have a great time while you are shopping in our beautiful site on the Square of Paola! The Paola Farmers' market is a growers market, is an exciting and bountiful place to buy your fresh fruits, vegetables, meats, eggs and live plants. When you shop with us here, you get the freshest, most delicious foods available from the growers themselves. There are plentiful prepared foods, farm products turned into jams, salsas and honey, and hand-made crafts. Chef's demos and live local musicians make supporting local growers fun!

Located in the heart of Paola, the market is a vital part of the community and the Old Town experience.

How cold was it last Saturday at the Farmers Market.... It was so cold Ralph Reese took four dozen eggs home with him, Helen White took baked goods home with her and many of our produce growers took items such as asparagus, lettuce and radishes home. In fact the only thing I think we ran out of was hot coffee. That is pretty cold. Most of the vendors stayed to the end at 11am with very few shoppers to purchase their wares. So everyone say a prayer this week and ask for warm weather.

Kansas Yellow Dot Program

For those of you who missed checking out the Yellow Dot Program on Opening Day the Lion's group will once again have information for you at the market Saturday if the weather is nice.

This is 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's group is paying for all the kits and this kit is free to you.

Raffle

Also remember to stop by and get your raffle ticket for the gorgeous donated quilt which will be raffled off and all money donated to the Heads Up Inc on the last Saturday of Market. 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.

Performing this week in the Gazebo

8-9am Judy Minden & friends

9-11am Ron & Pat Reed

These are local talents from here in Paola.

High School and 8th Grade Graduation

This week as most of you know is the Paola High School and 8th Grade Graduation. Saturday night my oldest Grandson will walk down the aisle to a new and bright future. Never has my age or the graduation of Doug or JoAnn hit me as hard as this day. Tears come so easily as I even set here and type about the occasion. Somebody tell me why! Not that I love him anymore than the other four grandkids but he was my first grandchild. Maybe because he hasn't really been the star student as his parents worked as hard for this degree as he did. Or is it because I see so much of myself in him. So anyway I hope to see the sunshine and all you other grandparents at graduation.

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.

Recipe of the Week

Do I put in a recipe for cold weather or something for hot weather? As I sit here I think a recipe for a nice soup would be good but then again it is suppose to be 80 degrees this weekend. So I chose one that will fit any occasion. I hope everyone had as nice a Mother's Day as I did. Taken from an Amish Cookbook.

“To Our Mothers and Grandmothers”

Your hand has rocked the cradle
For little ones so dear
You soothed their fretful heartaches,
You dried their falling tears.

You've been a nurse and teacher,
A secretary, too
You cooked and washed and mended:
There was so much to do!

You laid a firm foundation
Through every passing day
You taught God's word so steadfast,
And taught us how to pray.

You emphasized the virtues
Of faith and charity,
Of walking close to Jesus
In deep humility!

The passing years are fleeting
Gray hairs adorn your brow.
Life's sun is traveling westward,
Its rays are fainter now!

The pathway worn and weary
with trials will be past:
And in a home eternal
There'll be sweet rest at last!

COMING THIS WEEK – May 21st

Produce –

Lettuce
Radishes
Onions
Arugula

Salad Greens
Pecans
Eggs
Black Walnuts

Tomato Plants
Fresh Herbs (Sage, Oregano, Cilantro & Dill)
Pepper Plants

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

Fancy Iris and Peony starts

One of our new vendors **Russ Porterfield** will be selling "Nature's best" skin cleaning product the Loofha

Brenda Rose will have photography featuring Miami County Sunsets, Landscapes and Sunrises this week.

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.

Next week, May 28th, come and listen to Elizabeth Ragan from 9-10am. Elizabeth is 11 years old. She has been singing and performing for the last five years. She is an award winner of The Arts program for singing and acting. She sings songs that she has written herself along with current music and theater show tunes. Elizabeth comes to us from Olathe Kansas.

Also performing will be Isaac (age 12) and Ian (age 8) Heid from 10-11am. Local young talents from here in Paola. Maybe they can even get Lisa to stay and sing a couple with them. So come and hear how talented our young people are.

Information

Vendors & Customers – This year Head to Toe Boutique will open their doors to all for restroom use at 8am. If you have a minute browse thru their store and check out their shoes, jewelry, belts, hats and clothing. Sharon Hohberg and Teresa Tressler are the owners and were vendors of ours last year.

If you have any ideas for articles for this newsletter you may contact me, **Debbi Duncan**, at Debbi.R.Duncan@gmail.com or 913-731-6870.

FREEBIES

If you have something you would like to share drop me an email of what you have and I would be glad to place in this newsletter.