

PAOLA FARMERS MARKET

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



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Sweet Surprises

Last Saturday brought many surprises. Not only are the customers starting to venture up to the Park Square but as I stood visiting with a few of the vendors I looked up the sidewalk and there amongst all my Paola friends was one my very best friends from Junction City and her sister Cassandra from Olathe. Oh what a sweet surprise that was.

Lee Shannon who sold produce at our market last year will be back this weekend. He will have new potatoes, onions and cabbage and maybe some beets.

Another sweet surprise for me is that I have a bluebird nesting in my new bluebird house I bought from Delores Day at the market. My little bluebird is so pretty and I just love watching the bluebirds around my house. The bluebird is well named, for he wears a coat of the purest, richest, and most gorgeous blue on back, wings, and tail; no North American bird better deserves the name, for no other flashes before our admiring eyes so much brilliant blue. It has been said that he carries on his back the blue of heaven and the rich brown of the freshly turned earth on his breast. So thought I would share this note that I found about the Kansas Bluebirds.



Eastern Bluebird

The Eastern bluebird, with its brilliant blue and rust colors and melodic song, is a bird appreciated and enjoyed by all who get the chance to see or hear it. Unfortunately, many people, especially younger folks, have never seen a bluebird in the wild. Once abundant in Kansas, the number of these cavity nesting birds has declined dramatically since the middle part of the century. This decline has resulted from a loss of natural nesting holes, increased pesticide use, and competition with the introduced house sparrow and European starling. But thanks to citizens and organizations who place nest boxes, the Eastern Bluebird is beginning to thrive once more.

Entertainment

This week we will have some repeat performers. Once again Judy Minden and Bob Martley will sing some of their country music from 8 to 9am followed by the Heid brothers. For those of you who didn't make it last Saturday I must tell you they are really talented young boys. Isaac (age 12) and Ian (age 8) Heid will sing from 9-11am. They are local young talents from here in Paola.

Birds of a Feather Bake Sale –

This Saturday come and help support the Miami County Birds of a Feather 4H Poultry Club Bake Sale. This Bake Sale will help the 4H kids to purchase materials for making improvements at the Miami County Fairgrounds poultry building. The kids and their families do all the work down at the fairgrounds and cleanup before the fair. Hopefully teaching the kids not only proper care in raising chickens and selling their eggs but they also learn to do graphs on the growth of fat chickens and proper feeding of these birds.



Has the Farmers market gone to the dogs? LOL!!! Some of our visitors at the market.

COMING THIS WEEK – June

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 admire people who are organized enough to work and have gardens and enjoy life. As most of you know I went back to work for CenturyLink telephone company this week after being off for almost three years. Those three years were like what I picture heaven to be. Drink coffee with your friends once a week, play golf once a week, fish with the grandkids, even got to go to their ballgames once in awhile, an occasional horseback ride. Well here it is 9:15pm and I just came in from picking strawberries and gooseberries. I have laundry drying and another load washing. Haven't done my dishes or have my eggs I gathered tonight washed yet. No time to have this newsletter proofed by a friend. So don't be surprised if my English isn't to good or there are a few type-O's because rain or shine this newsletter goes out tonight. I have decided that business careers and working is for young women and men.

Recipe of the Week

With the Strawberries in the height of their season I thought I would center my recipe this week around just that.

STRAWBERRY SHORT CAKE

1 cup sugar	½ cup sweet milk
1/3 cup shortening	1 ¾ cup flour
1 egg, separated	1 tsp baking powder

Cream sugar and shortening until smooth. Beat egg yolks with 1 tsp milk, add and stir until well blended. Sift dry ingredients, and add with milk. Add well beaten egg white last. Bake at 350 degrees until brown. Serve hot with cold milk and mashed strawberries.



Strawberries

The true indication that summer has arrived is the abundance of delicious bright red berries that can be found. Store berries in the refrigerator with hulls intact, unwashed, and lightly covered in a single layer. Use within three to six days. Just before serving, gently rinse under cold running water (avoid soaking because the berries will absorb water and lose flavor), gently pat dry with paper towels, and hull.

To freeze berries without sugar, place in a single layer on a large tray or cookie sheet. Freeze until firm; pack in freezer bags drawing off as much air as possible and seal.

To freeze with sugar, pack in rigid containers, sprinkling sugar between each layer. For every 4 cups whole washed and hulled berries allow ½ cup sugar; for the same amount of sliced berries, allow ¾ cup of sugar. Freezing berries allows you to enjoy that fresh summer taste all year long!

Raffle

Don't forget to get your raffle ticket for a chance on a gorgeous quilt where your donation will go to a good cause in the community - Heads Up Inc. 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.

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.