

# PAOLA FARMERS MARKET

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



*Written by Debbi Duncan 913-731-6870 or Debbi.R.Duncan@gmail.com*

## COME & GET IT

This Saturday we will have a real market event, the first annual Market Chef Cookoff. This is gonna be fun. Come and watch your favorite chef from our own local restaurants cook up a surprise for you - cooking what our local vendors grow. They will start cooking sometime around 9am. Rick Schoenberger from Bar BQ Shack will perform his magic on beef, donated by vendors **Gerald & Marilyn Silvers** and sweet corn donated by vendor **Gene Jesberg** along with some other delicacies. Our very own Breakfast Specialist from Mollie's Table will show you how to use **Ralph Reeces** and **Brenda Prestons** eggs along with produce from **Beth Cullor**. Our very own **Claudia Beverlin** will show off her Artisan Breads along with some European creativity. The Mexican flavor comes from our very own Hugo Carrate from El Tapitio. Hugo and his mother will be showing off what they can do with hamburger and chicken. Next we have Mike and Jeff Hursey from Casa de Somerset. I bet they show you some good recipes for those fresh tomatoes coming from **Deb VanGoetham's** and **Lee Shannon's** garden. Last week Deby had rootbeer floats for us. Boy were they good and so refreshing on a hot day. Now not to be out done little brother Josh Hursey who is attending the Flint Hill Tech School for Cooking will see if he can outdo big brother and his dad. His menu is hid up his sleeve and he will pull out all his magic to show you what he can do.

Now for anyone who would like to taste their cooking magic along with what our local vendors have donated, for a donation to our Heads Up canister, we will furnish you with a plate and fork. Watch and see what herbs can be added to tomatoes or even your eggs for a different flavor. Many surprises for the day. We will also give away two Customer Appreciation bags that morning at 10:30am.

## SENIOR Farmers' Market Nutrition Program

We have several vendors who are now ready to take your vouchers. This is a USDA funded initiative to provide resources in the form of fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from the Farmers market to low income seniors. No sales tax is to be added to the produce purchased. For those of you with these vouchers you can identify those vendors who you can purchase from by an ID stall agreement sign. - Vendors if you are interested in getting a number so you may take these coupons just stop by and see me. There is no cost at all. I have a paper copy of the information for you.

## HEAT

Better get all the produce you can this week. If we don't get a break in this weather there won't be to many vegetables in the weeks to come as I am sure they are burning up in the gardens. Even with watering systems the vendors tell me they are having to cover those tomatoes up with their bedsheets to spare them some of that boiling down sun. My blackberries and grapes shrivel up and are hard before they are ready to pick. My grandson was looking at the grapes with me the other night and ask if I was growing raisins. LOL This heat is hard on everything. Tom has gotten several calls this week from people wanting hay for those folks in Texas and Oklahoma. It is so hard to turn them down but we have our regular

hay customers and our hay production was off by 25% this year. Luckily Tom was able to rent a couple extra hay fields this year. And at the length of this hot spell pastures are burning up and people will have to start feeding hay around here much sooner than in past years.

Terri Weis called and said she will have okra to add to her produce this week and my dad will be back with a few boxes of peaches. He said the quality of the peaches is going down in this heat too but he will bring what he can. Pat Raynes is sending some of his homegrown tomatoes too. One vendor said she hoped to have some cantaloupe to bring also. That is one fruit that seems to taste better with the heat.

Last week at the market we had a few vendors trying to sell some rabbits and a new billie goat joined us too. I thought these pictures were just too cute not to share.



**COMING THIS WEEK – July 23rd**

**Produce –**

Green Beans  
Cucumbers  
Onions  
New potatoes  
Eggplant  
Cantalope

Salad Greens  
Fresh Herbs  
Sweet Corn  
Tomatoes  
Turnips  
Okra

Fresh Garlic  
Cabbage  
Beets  
Broccoli  
Zucchini

**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  
Handmade Jewelry

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

Lots of Farm Fresh Eggs

Locally Grown pork, chicken & beef

## **Recipe of the Week**

I tried this recipe last week while I had some peaches on hand and it was so moist and delicious. It only took 3 nice sized peaches to make the 2 cups called for.

### **Peach Cake**

#### **Ingredients**

- 3 eggs, beaten
- 1 3/4 cups white sugar
- 1 cup vegetable oil
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- 2 cups fresh peaches - peeled, pitted and sliced
- 1/2 cup chopped pecans

#### **Directions**

1. Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13 inch pan.
2. In a large bowl, combine the eggs, sugar, oil, flour, salt, cinnamon, baking soda, peaches and pecans. Mix thoroughly by hand.
3. Pour into prepared 9x13 inch pan and bake at 375 degrees F (190 degrees C) for 50 minutes or until done.



Coming to you Fresh and Locally Grown every week at the Paola Farmers Market