

PAOLA FARMERS MARKET

Fresh & Local to You

Brought to you by the Lions Club of Paola



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THANK YOU – THANK YOU - THANK YOU

I would like to take this time to thank all the many wonderful people who came out to the Farmers Market last Saturday. We had some amazing people cooking for us and thanks to all our wonderful customers, we were able to raise almost three hundred dollars for the HEADS Up Organization. Thank you Rick Schoenberger from the BarBQ Shack, Mike and Jeff Hursey from Casa de Somerset, Claudia Beverlin from A Little Piece of Heaven, Donna Naugle and her group from Molly's Table and Josh Huersey who drove all the way from Emporia, KS to cook his homemade noodles and rabbit fresh on the grill. We had grilled tomatoes that were out of this world, breakfast burritos, a breakfast egg casserole that was so good, rabbit stew, and many surprises for the day. We also gave away two Customer Appreciation bags that were full of vendor produce, soaps, baked goods and two bottles of wine from Black Hawk Vineyards.

Farmers Market



Paola

Another big Thank You to all the folks who voted for the Paola Farmers Market in Miami County for 2011. I was so proud to find this picture in the paper. It takes a lot of fantastic vendors, entertainment engagements and the customers coming down to the market early on Saturday mornings to purchase produce, baked goods and other handmade items. An especially big Thank you to the folks at the Miami County Republic for their support for the last two years with the vendor highlights in the newspaper each week and the special articles when we have special functions. Thank you to Claudia Beverlin and Vickie Vetter Scruggs for helping to make my visions of a market back on the square become a reality, the City of Paola for their support and the Lions Club of Paola for sponsoring the market. It takes a lot of people to pull this off every Saturday morning.

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.



*Did you try the fresh
lemonade that the
Michealis's were
making at the market?
They will be back on on
July 30th. These drinks
almost make the heat
bearable.*

If you attended last weeks' activities I hope you enjoyed it as much as I did. The entertainment and produce just continues to get better and better. Beth Cullor and her children rejoined us last week with her produce for the first time this year. It is always such a pleasure to talk with Beth and hear about their family garden.

Once again some fantastic singing provided by the youth of Paola. Young Mr. Heid charms his way around the square. I just love to listen to him.





Deby VanGoetham comes to the market every Saturday with lots of good looking produce. Many Saturdays you will find Deby with her homemade rootbeer making Rootbeer Floats with real ice cream. She is also an excellent customer when it comes to buying her kids pets from the other vendors.

LOL

Recipe of the Week

With all the zucchini coming to the market I thought I would share with you one of the ways Tom and I love to eat it. I peel and slice the zucchini and then I dip it in egg and milk. Then you roll it in jiffy corn bread mix. Place on a sprayed cookie sheet. Bake at 350 till it is browned on the pan side and then turn over and cook a little longer. It taste even better than a fried zucchini and somewhat healthier eating.

Another favorite is -

ZUCCHINI BREAD

Ingredients

- 3 1/4 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon ground nutmeg
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs, beaten

- 1/3 cup water
- 2 cups grated zucchini
- 1 teaspoon lemon juice
- 1 cup chopped walnuts or pecans

Directions

Preheat oven to 350 degrees F. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon and sugar. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice. Mix wet ingredients into dry, add nuts and fold in. Bake in 2 standard loaf pans, sprayed with nonstick spray, for 1 hour, or until a tester comes out clean. Alternately, bake in 5 mini loaf pans for about 45 minutes.

COMING THIS WEEK – July 30th

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