

PAOLA FARMERS MARKET

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



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Heat Wave vs rain & wind

Can you believe this heat? I don't remember it being this hot in July in a really long time. And then August comes along, our usually hottest month and it cools down. I feel so sorry for all those cattle and horse ranches in Oklahoma and Texas. Not a day goes by that someone from down South isn't calling and almost begging us for hay. Most people see our barns full of hay and don't understand it is usually sold the year before and we just basically store it for our buyers. And then there are farmers around here that are running strong trying to save some of their corn by cutting it for silage while what little they have is salvageable. In Oklahoma they are cutting the corn stalks and baling them since the ears on the corn stalks are so small because they never fully matured. The alfalfa is just burning up with no moisture. What little rain we have gotten has really helped but Texas isn't getting a drop. Tom was on the phone again last night talking to a gentleman from Texas and he was desperate for hay.

Last weekend we drove up north of Topeka to a funeral. You can't believe the difference just 100 miles north. Their bean fields and corn fields are such a beautiful sight. Hard to believe a person can look at a bean field and see the lush green leaves up against a beautiful blue sky and see such beauty. If I were as good at taking pictures as Brenda Rose I would of shared this amazing picture with you.

On Tuesday of last week it was 114 degrees in Gardner (that's where I work) and the weather man said the pavement was 143 degrees. No wonder tires don't last long enough.

Our Newest Vendors

Vickie Goodrick and family from Louisburg joined us this last weekend with lots of fresh produce. They had spaghetti squash, zucchini and lots of tomatoes just to name a few item. The Goodrick told me they would be back next week with Cantalope and Watermelon. Now that sounds good.

Did you see the sweet potatoes that Deby VanGoetham brought in. They were really nice and she had a lot of them to sell. Lots of nice looking peppers at the market too. And cantaloupe, I bought one from Gene Jesper one week and then last week got a e Shannon. They were both amazingly sweet. I always heard that cantaloupe and watermelons like hot weather. So now I believe it is true.

We also missed our very own Vicki Vetter Scruggs and all her usual help at the market this last weekend. But she was busy getting ready for her husband Paul's big 50's bash birthday party. HAPPY BIRTHDAY PAUL. We love you!!!

Tomatoes seem to be the big item the last couple weeks. So this week I thought I would share with you my favorite homemade Ragu recipe. I have been making some this week with my extra tomatoes. Plus my sister Tracie ask for the recipe and I told her she had to read the Newsletter this week in order to get it. (I do whatever it takes to get readers!!)

RECIPE OF THE WEEK

RAGU TOMATO SAUCE

½ bushel of tomatoes	3 lbs of onions
2 jalapeño peppers	½ cup canning salt
2 cup vegetable oil	1 tsp basil
1 entire bulb of garlic	¼ cup oregano
4 green peppers	
½ to 1 1/2 cup sugar(start with ½ cup and add ½ cup after sauce has simmered awhile)	

INSTRUCTIONS

Cook onions, garlic, and green peppers in oil for ½ an hour. Put through blender. Put tomatoes through blender. Boil everything together until desired consistency. Add 1 large can tomato paste. Put in jars and process. Quarts 25 minutes. Pints 15 minutes

This week my dear sweet neighbors across the road come toting in a basket of peaches to us that they had bought in southern Missouri while on a trip to see Mary's parents. And so I tried this recipe and shared with them. They said it was good and Tom must of liked it because he really put some away.

ENCHILADA PEACHES

Ingredients

2 – 8 ounce tubes of crescent rolls
2 sticks of butter
4 firm peaches
1 ½ cups of sugar
1 can of Mountain Dew

How to make it

Melt butter, add sugar and cinnamon, unroll crescents and place peach quarters in each one. Roll from large end to small.

Place in 12"X 10" X 2" pan. Pour butter mixture over them and then pour Mountain Dew on top.

Bake at 350 degrees for approximately 40 minutes.



Last week Patty and Ron Wobker sang for your entertainment. Before them Judy Minden and her group sang. They are some of our very own local Paola talent. They bring all kinds of country music to you. Be sure and stop by and tell them how much you appreciate them because that is the only payment they get.

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.

COMING THIS WEEK – Aug 13th

Produce –

Fresh Garlic
Cucumbers
Onions
New potatoes
Zucchini

Fresh Herbs
Green peppers
Tomatoes
Watermelon

Cantaloupe
Okra
Eggplant
Sweet Potatoes

Baked Items, Jams & Jellies

Honey
Apple Butter
Cinnamon Rolls
Artesian Breads

Jellies
Homemade Breads
Homemade candies

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