

PAOLA FARMERS MARKET

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



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Have you called and made an appointment to get a picture of you and your pet....or maybe just your pet....or maybe the grandkids and your pets. Well its time you call Brenda Rose and make an appointment for your



Pet Portraits in the Park!
Paola Farmer's Market
on the Square
Saturday, Sept. 10th
7:30 am—11:00 am

Only three more Saturdays till the Farmers market comes to an end. Come do your Christmas shopping – I am on a **BUY PAOLA** kick. Vegetables are still being brought to the market each Saturday. We have fresh sweet potatoes at my house. Baked sweet potatoes, sweet potato fries, mashed sweet potatoes, sweet potato pie... oh my gosh let the belt out another notch. And the cantaloupe and watermelon are they ever sweet and delicious this time of the year. In fact I cut into a cantaloupe tonight for supper and boy was it tasty. With Tom playing golf tonight I do not have to cook so fresh fruit fits the menu for me.

I hope you all had a safe and happy Labor Day holiday. Tom and I went to our daughters and enjoyed a day in the boat watching a couple of the grandkids knee board and tube. They are so much fun and I count my blessings everyday they are close to me. Because I was at the lake last Saturday instead of the market this newsletter will be rather short.

As the market draws closer to an end I hope all the vendors will be sure and thank the Pet Food Store, the Coffee Shop, Head to Toe Clothes Boutique and the Flower shop for letting us use their restrooms all summer. A big thanks to the City of Paola for their support and from Vickie, Claudia and myself a huge thank you to those vendors who came most every weekend in the rain, wind, heat and cool mornings. Another huge Thank You to our customers who support us too.

COMING THIS WEEK – Sept.10th (and I am just guessing because I haven't talk to anyone this week)

Produce –

| | | | |
|--------------|----------------|------------|----------|
| Cucumbers | Sweet Potatoes | Onions | Zucchini |
| New potatoes | Tomatoes | Eggplant | |
| Cantaloupes | Okra | Watermelon | |

Baked Items, Jams & Jellies

| | | |
|-----------------|------------------|----------------------|
| Honey | Jellies | Homemade Egg Noodles |
| Apple Butter | Homemade Breads | Jams |
| Cinnamon Rolls | Homemade candies | Baked Goods |
| Artesian Breads | | |

CRAFTS

| | | |
|----------------|-------------------|------------------------|
| Hair Clips | Beach Towels | Aprons |
| Wood Crafts | Lanterns | Metal Products & Decor |
| Photography | Fresh Cut Flowers | Votive candle holders |
| Hypertuffa | Garden stones | Garden Bricks |
| Ragtime Quilts | Lavender Sachets | Wind Chimes |
| Loom Rugs | Handmade Jewelry | |

Lots of Farm Fresh Eggs

Locally Grown pork, chicken & beef

Also this week the Lions Club of Paola will be selling the very large YELLOW trash bags. So come and get yours before they sell out.

RECIPE OF THE WEEK

Okra seems to be in abundance this time of the year too so thought I would send you an Okra recipe this week.

Fried Okra Patties

- 3 cups vegetable oil for frying
- 1 pound okra, finely chopped
- 1 cup finely chopped onion
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup water
- 1 egg
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup cornmeal

Directions

1. Heat 1 inch of oil in a large skillet to 375 degrees F (190 degrees C).

In a large bowl, mix together the okra, onion, salt, pepper, water and egg. Combine the flour, baking powder and cornmeal; and stir that into the okra mixture.

Carefully drop spoonfuls of the okra batter into the hot oil, and fry on each side until golden, about 2 minutes per side. Remove with a slotted spoon, and drain on paper towels.

Don't forget to put Sept. 24th on your calendar and make a real special effort to come to the market. At 10am we will have our Heads Up winning Raffle ticket drawn and you can take that beautiful bird house quilt home with you if you're the lucky winner of the day. The Class of 1992 has a special invite to come and have a mini reunion in the park. Many surprises planned for our last day. So make it an event you don't want to miss.

Biscuits and gravy will be sold that morning by the Lions Club and Axel Foley and the Equators will be performing in the gazebo.

Don't forget our new website.

<http://www.paolafarmersmarket.org/>