

PAOLA FARMERS MARKET

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



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Opening Day

Opening Day was just Grand. Lots of beautiful weather, vendors, customers and some great tasting biscuits and gravy served up by the Lions Club. Axel Foley played some good ole Western Swing Music and even had a lady sing a couple songs in Japanese on stage with him. Even better she brought out a harmonica and chimed right in with Axel. That's what we are all about. Just spending time with your neighbors and supporting our own local farmers.. By the way--- Who's Your Farmer!!



Have you tried the fresh coffee at our Hospitality Table this year? Will Reece has fresh Coffee beans at the market this year. He has so graciously offered to furnish the coffee for us this year. So if you like it please stop by and pick some up from the Reece's.

This week you can come invite your friends to the market, shop awhile and then have breakfast at one of our newest vendors this year. Spudley's of Paola will have a breakfast trailer with lots of good things to eat. They will be located on the West side of the square, across from the Emporium or Dr. Slawson, DDS.

Proposed Menu:

- Biscuits and Gravy
- Breakfast Burritos
- Skillet Scramble
- Sausage Egg and Cheese Biscuit
- Hash Browns
- Beignets
- Juice & Water

Lots of new vendors this year so come out and show your support.

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.

Some of the items coming this week to the Market – May 26th

Produce –

Broccoli	Salad Greens	Fresh Garlic
Asparagus	Fresh Herbs	Cabbage
Onions	Beets	Radishes
New potatoes	Spinach	Sugar snap peas
Zucchini	Swiss Chard	Kohlrabi
Asparagus		

HERBS: Cilantro, oregano, sage, chives, parsley, rosemary, dill

Baked Items, Jams & Jellies

Honey	Jellies	Homemade Egg Noodles
Apple Butter	Homemade Breads	Jams
Cherry Pies	Homemade candies	Baked Goods

Helen White will be baking fresh Cherry Pies right off their trees. Come and get 'em

CRAFTS

Wood Crafts	Lanterns	Votive candle holders
Photography	Fresh Cut Flowers	Garden Bricks
Hypertuffa	Garden stones	Wind Chimes
Ragtime Quilts	Lavender Sachets	

Lots of Farm Fresh Eggs	Locally Grown Pork
Locally Grown Chicken	Locally Grown Beef

As I was reading over what the vendors would have this week I saw asparagus that the Whites were bringing. Mine is all over but here is a favorite recipe of mine.

Recipe of the Week

2 pound of fresh green asparagus
3 TBS of olive oil
2 cloves minced garlic
¼ tsp salt/4 tsp pepper
2 TBS balsamic vinegar

Directions

Preheat oven to 450

Snap off tough ends of asparagus and discard

Line a 15X10X1 jellyroll pan with aluminum foil Place asparagus in a single layer on foil.

In a small bowl, combine oil, garlic, salt and pepper, drizzle over asparagus.

Now bake for 8 to 10 minutes or until crisp & tender. Remove from oven and drizzle evenly with vinegar.

Optional.. I like to then drizzle parmesan cheese and a few bacon bits over the top too.

Don't forget to check out our website for the latest events going on, just check the calendar. You can also find pictures from the market on our photo gallery: www.paolafarmersmarket.org