

PAOLA FARMERS MARKET

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



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Can you believe it has been three weeks since our last market. I sure have missed seeing everyone but so thankful for every drop of rain we have received. We have been hauling water to our cows everyday due to the ponds drying up. It is terrible. Sure hope we can get some more of the sweet rains from above. This hot weather and drought has been hard on every animal we have.

Only three more Saturdays till the Farmers Market comes to an end. So come on out and get your fresh local grown veggies while you can. These rains have my eggplant and tomato plants blooming like crazy.

This week we will have a new vendor who makes clown dolls making her first appearance at the market. Please make her feel welcomed.

I hope you all had a safe and happy Labor Day holiday.

COMING THIS WEEK – Sept.8th (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	Honey
Apple Butter	Homemade Breads	Jams
Cinnamon Rolls	Homemade candies	Baked Goods

CRAFTS

Wood Crafts
Photography
Hypertuffa
Ragtime Quilts
Leather Billfolds

Lanterns
Fresh Cut Flowers
Garden stones
Scented Sachets
Handmade Jewelry

Metal Products & Decor
Votive candle holders
Garden Bricks
Wind Chimes

Lots of Farm Fresh Eggs

Locally Grown pork, chicken & beef

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 our new website.

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