



**WHO'S
YOUR
FARMER!!**

Paola Farmers Market

2013

7:30 to 11:00am

Such a nice cool crisp morning to kick-off the market this last Saturday on the square. Once again we had a truckload of asparagus, onions, lettuce and radishes provided by Ronnie Hawes and his granddaughter. Saturday night my son-in-law grilled up the onions, garlic and asparagus and it tasted so good.

To celebrate National Egg Day at the Market, Birds of a Feather 4-H Poultry Club brought eggs, chickens, ducks, and Turkeys to talk about. They created posters, talked about their birds and even led the younger children in such games as "Egg on a Spoon". There were

contest on putting the right egg with its layer. Even an old farm gal as myself missed a couple in that quiz.

Alice Grandon played the Chicken Song in the background as we had the egg race and it wasn't long till a group of young and "older" kids were dancing around the fountain to the Hokey Pokey. What a beautiful sight.

The Farmer family brought in fresh frozen fryers and baking hens. They had eggs for sale, and included a presentation of quail, chickens and turkeys eggs.

But I must admit that Mike and Josh Hersey, selling their egg sandwiches on fresh sourdough bread and omelets with fresh eggs and vegetables from the vendors, stole the show. I even overheard a gentleman say, where but the Paola Square Farmers Market could you get a \$9 omelet for 3 bucks. Over \$200 was made and donated to the 4H Poultry Club to help buy new cages at the fairgrounds.

Kathy Waddle of KISS cupcakes did her part to support the egg day as she decorated her cupcakes like Peeps. So cute..

We had lots of beautiful iris, bouquets and plants for sale. Helen White brought 16 pies and sold every one of them. While Lorenza Stolle brought eight pies and sold all of them too. I brought home one of Lorenza's carmel apple pecan pies which warmed up with ice cream was very good. It was filled to the brim with fresh apples. We also had two bake sales going on where I saw cakes, brownies, cinnamon rolls, hand towels and about anything you could want for that sweet tooth of yours. Shirley Kohlenberg and Donna Cawley were back with their homemade jewelry. Donna has even added tea cup bird feeders.

Delores Day made her market debut with her handmade hyper-tufta pots, bricks, and lawn décor.

Lots of pepper and tomato plants could be bought for your own garden. I came home with two yellow producing tomato plants. I have a very low tolerance of the acid in tomatoes and the yellow ones don't seem to bother me. Which I also wanted to tell you vendors that I had two different customers stop and tell me they were allergic to gluten and really appreciated the fresh vegetables at the market.

RECIPE OF THE WEEK..

For the recipe this week I found a recipe which uses our fresh spinach and those Foxfire strawberries which have been at the market the last two weeks.

Avocado Strawberry Spinach Salad with Poppy Seed Dressing

Prep Time: 10 minutes Yield: 2-4 Servings

A delicious spinach salad with fresh strawberries, avocados, and a simple poppyseed dressing.

Ingredients

Salad Ingredients:

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 or 2 avocado, diced
- 4 ounces crumbled gorgonzola or blue cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced
- poppyseed dressing (recipe below)

Poppyseed Dressing Ingredients:

- 1/2 cup avocado oil (or any oil, such as olive oil)
- 3 Tablespoons apple cider vinegar
- 2 Tbsp. honey

- 1 Tbsp. poppy seeds
- pinch of ground dry mustard (optional)
- salt and pepper

Method

To Make The Salad:

Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.

To Make The Poppyseed Dressing:

Whisk all ingredients together until combined.

Don't forget to recycle and help us keep our prices down at the market by bringing back your jelly jars, egg cartons, and fruit containers. Every little bit helps.

Don't forget our website for all the latest happenings at the Market. On the website you will find a list of our vendors, registration forms, and rules for the market. You can find some pretty good recipes out there too.

www.paolafarmersmarket.org

Hope to see you all next week at the Paola Farmers Market