



**WHO'S
YOUR
FARMER!!**

Paola Farmers Market

2013

7:30 to 11:00am

Performing in the Gazebo

is our very own

AXEL FOLEY



What a beautiful morning we had last Saturday at the market. The highlight of the morning for the youngsters was Moe Trail with his free horse and cart rides around the square. Amongst those riders was my youngest grandson Brandon Stone. He had a smile on his face as he rode all around the square. If any of your children would like to ride please come early though, because Moe and his

horse only stay a couple hours. By then the traffic is picking up and we don't want anyone to get hurt. Moe and Jeannie Trail also had spinach, lettuce and asparagus for sale the last few weekends.

New this week to the market was Dino's Delights – Chris Fletcher and his little rat terrier Dino with the Painted on eyebrows was so cute. (Dino not Chris..LOL) They will be bringing Homemade All Natural dog treats to the market each week. I bought a bag and my dogs loved them.

Also new this week was Terry Elam & David Castleberry. They brought a ton of tomato plants that look like they were ready to start producing anytime now, At least by 4th of July anyway. I bought my zucchini starts from him too and got them in the garden... Heck I should have fresh zucchini any day now. LOL David and Terry also had Horseshoe art. Vickie and Foxfire Farms bought some that looked like a flower made out of horseshoes. They will also have saddle crafts and produce as time goes on. David told me a project this week would be to pot a tomato plant and then plant herbs around the bottom of it. That way you have decorative plant for your porch with the makings of a good salad for those of you who don't have the space or the urge to plant a garden.

The customers who walk thru the market are not the only people who benefit from all the items brought to the square to sell. Once market is over for the day you will see more "Trading of the Product" going on. I saw bamboo traded for asparagus. Eggs traded for baked goods, grape juice for jelly traded for iris starts, etc.... And of course Tom and Paul would save a ton if Vickie and I would find something else to do with our Saturday mornings.

Come and get your black walnuts and pecans . The Prothes will be gone for awhile on a big motorcycle ride and won't have a presence at the market from June 23rd till the end of July . So stock up now.

The first Snap Sugar peas were brought this last week to the market by Ronny Hawes. I took one popped it open and ate those raw. Made me think how good they would taste on a Seven Layer Salad. And I think you could dang near make that salad out of the back of Mr. Hawes pickup. He had Sugar Peas, lettuce, asparagus, radishes and onions. Throw some fresh boiled eggs and cheese on there and we have our salad.

Deb Cutshaw served us breakfast from her new food wagon this week with such items as biscuits & gravy, a couple different types of quiches, egg burritos, and much much more. I even saw some individual homemade pies. Thank you Deb for sharing your amazing cooking talents with the customers

and vendors. Deb will also have produce as it comes on. I will let you know tho she won't be there this weekend due to another commitment. I will see if I can find someone to fill in for her.

Have you bought a ticket for the beautiful quilt, made and donated by Tracie Clary of Olathe Ks. Tracie has made and donated a quilt for the last three years. Not only is she my sister but one heck of a good person. She does so much for everyone. **On June 22nd** we will draw for the quilt. So get your tickets bought. \$1.00 each or 6 for \$5. It is going to a good cause - The Miami County Cancer Foundation. The next item we will sell raffle tickets on will be a quilt made by Helen White. Helen is also a major contributor to our raffles every year.

I will remind you again in next week's newsletter but on June 15th the market will be open 7am till 10am only. Due to the car show we will be shutting down early so they can start setting up for their events. If you want to see some old vintage cars, trucks and motorcycles be sure and come back in the afternoon on the 15th.

I just received word from the State of Kansas that Miami County is ready to have Senior Citizens apply for the Kansas Senior Farmers Market Nutrition Program coupons. I have eight vendors right now who



are ready to take your coupons. Please contact Diane Burnett at the Miami County Extension office to apply and you will be ready to get some fresh produce with those coupons. I have included some FAQ below. This poster in the picture should be hanging on any vendors table who is able to take your coupons. If you have any questions please stop by the hospitality table and I will try to answer any questions that I can. Also watch the newspaper for a press release that the State is sending out regarding SFMNP. . **Vendors...** I have a printed handout also that tells you how to apply for membership if you are interested. These can also be found at the hospitality table so that you may accept the checks.

What is the SFMNP?

The Senior Farmers' Market Nutrition Program (SFMNP) awards grants to States, United States Territories, and federally-recognized Indian tribal governments to provide low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture programs. The majority of the grant funds must be used to support the costs of the foods that are

provided under the SFMNP; State agencies may use up to 10 percent of their grants to support administrative costs for the program.

Who is eligible for SFMNP benefits?

Low-income seniors, generally defined as individuals who are at least 60 years old and who have household incomes of not more than 185% of the federal poverty income guidelines (published each year by the Department of Health and Human Services), are the targeted recipients of SFMNP benefits. Some State agencies accept proof of participation or enrollment in another means-tested program, such as the Commodity Supplemental Food Program or the Supplemental Nutrition Assistance Program, for SFMNP eligibility.

For those of you who have been asking about Gene Jesberg I gave him a call this week. He had major back surgery this winter and was just told last Wednesday that he will not be driving for another 8 weeks. Take care Gene and do what the doctors say so we can have you back at the market next summer. We all miss you!!

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