



**WHO'S  
YOUR  
FARMER!!**

**Paola Farmers Market  
2013**

**Saturday – June 22nd  
7:30 AM to 11AM**

**Music provided by Brigitte Rhodewald  
Margo's latest CD she cut for Valentines Day.  
Beautiful Love Songs**



**Will Reece** is back after being gone for a couple weeks due to teeth problems. So come and get that fresh roasted coffee. If you are not sure what it taste like stop by the hospitality table to get a free sample. Will furnishes our table with free coffee every week. We also have donut holes for young and old alike.

**Linda Critchfield** just emailed me today and said she would have fresh green beans this weekend at the market. So come early because I am sure they will be a hot item.

**Lee Shannon** had the first yellow squash and zucchini of the year. I also saw a lot of beets coming away from his table along with onions and cabbage.

Last week **Connie and Melissa Johnson** had fresh sour pie cherries for sale. Melissa even make individual cherry pies which are very good. They also carry wood chips for your smokers. I saw cherry and applewood chips and not sure exactly what else they had. But these are sure to put that smoked flavor into your meat while you are grilling or smoking.



Have you seen the pretty ribbons, hair bows, and onseys that Tisha Sherman brings to the market. This week one of her customers came all the way from Monroe, Louisiana to pick one out. Actually her Poppy, Jerry Peterson, had brought Miss Olivia with him to market to pick up his strawberry rhubarb pie. And this little lady is so cute he just couldn't say no to her.

**New** this week to the market were three little gals in the cutest homemade Lemonade Stand. They sell fresh lemonade, cookies and muffins. This week they hope to have homemade cookies to sell. These are my youngest entrepreneurs. As I told their mother, if nothing else they are learning to appreciate the market, going to be doing some baking and learning the art of finance. They have to pay their parents for any items purchased before they split the profits.

**Moe Trail** came again this week with his 21 year old horse Miss Cupcake. I think he had a constant array of youngsters waiting their turn to ride around the square. Moe does this all free of charge to the kids. Hats off to him and Miss Cupcake and not to short Jeannie, his wife, who was selling the produce while Moe was having fun. I bought some new red potatoes and Yukon gold potatoes from Jeannie. New potatoes were quite the favorite with my grandkids.

## And the winner is.....

Saturday was our first drawing for the beautiful quilt that was handmade by Tracie Clary of Olathe. As she was walking into the park, 4yr Justin Bollinger, was drawing Sondra Allgood's name out of our jug of entries. On hand was Donna Prothe, a cancer survivor herself, from the Miami County Cancer Foundation to help with Raffle Sales on Saturday.



Sondra moved to Paola in March and took a job with Great Southern Bank. She attends the Farmers Market every Saturday. Per Sondra, " I have to get my cupcake fix from KISS cupcakes and I love the fresh produce, the sense of community and buying local! The town square is beautiful in the summer and it is just a fun way to start the weekend. "

**Don't forget** to recycle those egg cartons and jelly jars. This helps to keep prices down if you bring them back each week. You can always drop them off at the hospitality table and I will get them back to the vendors.



**Every** week you can find Pat Rayne's fresh raw honey. And each week someone stops by to tell me a new use for honey. This last Saturday a lady stop by to tell me her Doctor had recommended she buy local honey, mix with warm water and flush her eyes out with the solution to kill bacteria in her eyes. I Have a momma rabbit that has a eyeing running all the time. So I am going to find out if this works. I mixed up the solution of tea and warm water and wash eye morning and night with it. I will give it a week and let's see if this works. I have purchased several rather expensive ointments from my vet for this rabbit and none are working.

Well anyway off I went to Google and here are some of the Home remedies that honey has been used for many past years.

**If you are planning to buy honey for its health-benefits, it must be raw honey. Heating honey (pasteurization) damages or destroys the pollen, enzymes, propolis, vitamins, amino acids, antioxidants, and aromatics. Honey that has been heated and filtered is called commercial, regular or liquid honey. The rawest honey available is comb honey which is sections of the hexagonal-shaped beeswax cells of the honeycomb that contain raw honey that have been cut from the wooden frames of a beehive.**

**For obesity, high blood pressure, and/or high cholesterol,** drink a cup of hot water with a teaspoon of honey and 5 to 10 drops of apple cider vinegar early in the morning daily. (Ayurvedic texts say honey scrapes fat and cholesterol from the body's tissues.)

**To relieve rheumatoid arthritis symptoms,** take 1 teaspoon of honey with 200 mg powdered guggulu daily.

**To heal oral ulcers,** apply 1 teaspoon honey and a pinch of turmeric to canker sores, mouth ulcers, or sores on the tongue. This mixture will generate saliva and draw out toxins; spit it out to speed the healing process. For internal ulcers, mix a cup of warm milk with a teaspoon of honey twice daily.

**To heal a wound,** dress it daily with sterilized gauze brushed with honey; dispose at night.

**For the [common cold](#),** mix 1/2 teaspoon cinnamon with 1 teaspoon honey and eat two or three times a day.

**To clear your [sinuses](#),** take a mixture of 1 teaspoon each of fresh ginger juice and honey two or three times a day.

**For asthma,** eat a mixture made of 1/2 teaspoon bay leaf powder, 1/4 teaspoon pippali, and 1 teaspoon of honey two or three times daily.

**For nausea, vomiting, and/or indigestion,** mix one part lemon juice with one part honey. Dip your index finger into this mixture and lick it slowly twice daily.

**For [anxiety](#),** drink 1 cup of orange juice with 1 teaspoon of honey and a pinch of nutmeg powder twice daily.

**To help reduce the [craving for cigarettes](#),** chew small pieces of pineapple with 1/2 teaspoon of honey before smoking.

**For abdominal pain,** take a mixture of 1/4 teaspoon ground bay leaf, 1/4 teaspoon ajwan (celery seeds), and 1 teaspoon of honey before lunch and dinner daily.

**For chronic fever,** make a tea of 1 teaspoon of holy basil (tulsi) and 1 cup of hot water. Add 1/4 teaspoon of black pepper powder and 1 teaspoon of honey. Take two or three times a day.

**To aid poor circulation,** mix 1 teaspoon cinnamon, 1/4 teaspoon trikatu, and 1 teaspoon honey in 1 cup of hot water. Steep for 10 minutes. Take twice a day.

Read more: <http://www.care2.com/greenliving/14-healing-remedies-with-honey.html#ixzz2X6B35jbl>

## COMING THIS WEEK –

### Produce –

Asparagus	peas	green beans
Carrots	rhubarb	lettuce
Chard	kale	onions
Turnips	spinach	fresh herbs
Broccoli	new potatoes	pie cherries

### Baked Items, Jams & Jellies

Honey	KISS Cupcakes	Wood Crafts
Lanterns	Metal Products & Décor	Bamboo
Photography	Fresh Cut Flowers	Votive candle holders
Garden stones	Garden Bricks	Bird feeders
Garden Planters	Bird Houses	Fresh baked Pies
Cinnamon Rolls	Hand Crocheted Neck Scarves	

Lots of Farm Fresh Eggs	Locally Grown chicken & beef	Live Bunnies
Fresh Roasted Coffee Beans	Stained Glass Art Work	Live Goats

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](http://www.paolafarmersmarket.org)

If you are interested in ordering a Farmer's Market T-shirt attached you will find the ordering form



TShirt\_Order\_Form\_  
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**Hope to see you all next week at the Paola Farmers Market**