



**WHO'S  
YOUR  
FARMER!!**

**Paola Farmers Market  
2013**

**Saturday August 10th  
7:30 AM to 11AM**

**Music provided by Axel Foley**

**Cooking at the market will be Chef and Sommelier,  
Giuseppe Migiliaccio**

Coming this Saturday to the market along with all the fresh produce will be Chef and Sommelier, Giuseppe Migiliaccio.

From 8am to 9:30am Saturday morning. Giuseppe will be at the Paola Farmers market. He will be using local products from the vendors. I am sure he will be cooking up something really good from the produce our vendors bring to the market.

Giuseppe is a top Italian chef that has cooked all over Europe, and he is coming to Kansas City. His family ran the Osteria Antica for 120 years in Italy. Giuseppe's colorful and fine Italian dishes are made with the best quality seasonal products, preferably organically grown. Traditional Italian dishes are his specialty. His classical training, international experience and creativity are his personal ingredients for his stunning and tasteful dishes. Not only is Giuseppe an all-round chef, he is also a sommelier and a bartender as well! With his warm personality and his cheerful and flamboyant Italian nature, he is a perfect host in restaurants and at events.

In the Netherlands, Giuseppe is known as the "Tomato Chef". He has performed as a TV chef, has been featured in the book "De chef en de wijn", and worked in the Restaurant "De Engel", a top restaurant there.

Giuseppe owns the company, 'Happy Cooking' which was inspired by his family and love of the two most important ingredients of his native country, tomatoes and olive oil. The logo of Happy Cooking shows the two colors of the city of Rome and a knife and spoon from the Etruscans who lived in Umbria in ancient times. This logo has been the logo of Giuseppe's family for 120 years.

The new produce vendors just keep coming to the market. Two young ladies joined us with okra, cucumbers, zucchini and more. But the boys were not going to be out done as we also had two new young vendors join us selling frozen blackberries, green beans, and a couple other items.

Don't forget your raffle tickets. We have a beautiful handmade necklace, a bag of pecans and a basket full of Rabbit Creek items. Our drawing for these gifts will be Saturday August 17<sup>th</sup>.

Been awhile since I included a recipe and with the abundance of cucumbers this sounded pretty good.

### Cucumber Dip Recipe:



This delicious cucumber dip goes great on sandwiches, wraps, or even alone! You can find the herbs and cucumbers at the farmers market!

2 diced cucumbers  
3-4 cups plain yogurt  
finely chopped mint or dill to taste  
salt and black pepper to taste  
optional: finely chopped onions and garlic

Serve with pita chips or on your favorite sandwich.

## **Cucumber and Onion Salad**

This is a very easy side salad for a picnic or covered dish event. My mom kept this going in our frig all summer.

## Ingredients

- o 2 -3 large cucumbers
- o 1 medium white onion
- o 1/2 cup sugar
- o 1 cup white vinegar
- o 2 cups water
- o 1 tablespoon pepper
- o salt

## Directions

1. You will need a 2 quart jar with lid or other 2 quart container.
2. Cut the ends off the cucumbers and peel along the long edge in 3-4 strips to leave a sort of stripped cucumber.
3. Slice the cucumber in thin rounds.
4. Peel and slice the onion in thin slices and separate.
5. Put the cucumber and onion alternately in your jar/container.
6. Add the rest of the ingredients and cover your jar/container tightly and gently turn so the ingredients are mixed together.
7. Refrigerate overnight and serve cold.

## COMING THIS WEEK –

### Produce –

Sweet corn??  
Carrots  
Chard  
Turnips  
Squash

Tomatoes  
Cucumbers  
kale  
spinach  
new potatoes

green beans  
lettuce  
onions  
fresh herbs

### Baked Items, Jams & Jellies

Honey  
Lanterns  
Photography  
Garden stones  
Garden Planters  
Cinnamon Rolls

KISS Cupcakes  
Metal Products & Décor  
Fresh Cut Flowers  
Garden Bricks  
Bird Houses  
Hand Crocheted Neck Scarves

Wood Crafts  
Bamboo  
Votive candle holders  
Bird feeders  
Fresh baked Pies

Lots of Farm Fresh Eggs

Locally Grown chicken & beef

Live Bunnies

Fresh Roasted Coffee Beans

Stained Glass Art Work

Live Goats

Beautiful Handmade Rock Polished Jewelry

Soda Can jewelry

Beautiful glass yard totems for the garden

**We also now have gluten free baked items.**

**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**