



**WHO'S
YOUR
FARMER!!**

Paola Farmers Market

Coming June 7th, 2014

7:30 to 11:00am

Performing in the Square will be

Michelle Pixler –

Owner & Operator of The UPS Store

What comes First “The Egg or the Chicken?”

If you want to ask the experts just stop in at the market on this Saturday morning June 7th and ask one of the members of the Miami County 4-H “Birds of A Feather” Poultry Club. These kids will have posters and information, displays of different types of eggs and games for the kids. While your child is competing in the egg and spoon race listen to Alice Grandon playing the accordion. With all your old favorites like The Macarena, Hokey Pokey and the KU Fight song for all you K-State Fans...LOL these 4H kids will also be having a Bake Sale with proceeds going to make improvements at the Miami County Fairgrounds. Last year they put in a misting system to help keep the barn cooler for their birds.

Josh and Mike Hursey will be cooking Saturday morning also to help out the kids. They will share with you “Fresh vs. the Cost of Fast Food breakfast” They will be cooking up egg sandwiches and omelets.

Last Saturday

It was a perfect Saturday morning. Beautiful weather and approximately 20 vendors with tables full of fresh precuts to buy. Each week you will start seeing new produce coming to the market, so don't miss a chance for fresh veggies. Marla Biggs dropped me a line and said she will be bringing beets this week. I am hoping that Foxfire Farms will be bringing their strawberries very soon.

Last week several vendors were sold out by 9am. I know Ralph Reece had sold all 23 dozen of his eggs and Lee Shannon sold out of green onions, spinach, radishes and turnips. Have you tried his turnips..? They were so sweet and tasty. Just the added topping to your fresh green salad.

I have been buying Spinach every Saturday since the Market opened so thought it would be fitting to post this delicious recipe.

It is the season for: **Spinach Quiche!**

You will need:

1/2 cup butter

3 cloves local garlic

1 bunch local green onions

1-2 lbs local spinach

1 package of local mushrooms

6 ounces of feta
6 ounces of cheddar
salt and pepper to taste
4 local eggs
1 cup milk

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a medium skillet, melt butter over medium heat. Saute garlic and onion in butter until lightly browned, about 7 minutes. Stir in spinach, mushrooms, feta and 1/2 cup Cheddar cheese. Season with salt and pepper. Spoon mixture into pie crust.
3. In a medium bowl, whisk together eggs and milk. Season with salt and pepper. Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture.
4. Bake in preheated oven for 15 minutes. Sprinkle top with remaining Cheddar cheese, and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.



Don't forget our website for all the latest happenings at the Market and watch for updates on Facebook too.

www.paolafarmersmarket.org

If you have any questions feel free to call Debbi Duncan @ 913-731-6870

Hope to see you all Saturday at the Paola Farmers Market!