



The Ringwood Farmers' Market

A project of Eat Local, dedicated to
bringing local foods to Ringwood.

Market Bites

At the Market this Week...

Nina's Red Barn Farm will have raspberries and corn again this week! Nina will also be bringing LOTS of ZINNIAS and SUNFLOWERS!

The **Masters' Garden** will be at the market this week with variegated liriopie and perennial mums. These mums are not your ordinary mums/asters and they are not like the ones that everyone is getting now that are blooming. These still won't bloom for quite a while, as they are late bloomers, but when everything else is dead and gone, they will still be blooming and fragrant— very beautifully sweet! And they come back every year!

Bialas Farms will be at the market this week and will have local artichokes—they are great anyway you prep them! The sweet corn is big and beautiful this week, perfect for putting up for the winter. Simply blanch the ears by placing them in boiling water for about 30 seconds, then plunge them into icy cold water. When cool, cut kernels from the cobs and scoop into freezer bags. Flatten bags and freeze for use all winter long. You can use the corn in chili, cornbread, pancakes, chowders or eat it as is. There's nothing better than a delicious serving of Bialas Farms' sweet corn with a bit of butter in the middle of January! They also want you to know... refrigerate fresh vegetables to keep them from spoiling.

Winner to be announced this week!

This Saturday is the last day to enter your tomato in the "2nd Annual Biggest Tomato Contest." It's not too late for you to win the prize! Nina will accept entries Noon and then announce the winner. Stick around for the excitement!

It's not too late...

...to join Eat Local's Online Book Club. Go to www.ringwoodfarmersmarket.org/bookclub.html for more details. Join us!

Volume 1, Issue 11, August 28, 2008

Call for Local Artisans...

The Ringwood Farmers' Market Second Annual Artisans Sale is going to be on Saturday, November 1st. Interested artisans should contact Teri Powers at: eatlocal@optonline.net ASAP!

Red Barn Blog...

Recently the Oak in the Seed blogger, Diane Brown, visited Nina at her farm on a Sunday afternoon. She was amazed by all the wonderful things she saw. Check out her beautiful photos and account of her visit at <http://oakinthe-seed.blogspot.com/2008/08/ninas-red-barn-farm.html>. You won't be disappointed!

Soup Bowls Update...

The bowls are fired and ready to be glazed! Please come by the market this Saturday to glaze a bowl with Amy.



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