



The Ringwood Farmers' Market

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

Market Bites

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At the Market this Week...

School is back in season and thanks to the Collingswood Farmers' Market, here are some in-season brown-bag ideas:

Apples. The number one pick for easy packing, easy eating school lunches. No baggies, foil, or plastic wrap required.

Peaches. Easy eating number two. Also consider plums and pears to mix it up a bit.

Peanut butter and...Market jams and jellies. Bring your kid to the Market and let them pick their own jar. There are plenty of great artisan breads at Janet's Baked goods to spread them on, too.

Soccer (and Football, Field hockey, etc.) **is back in season too**, so come to the Market before the game and be the lucky parent on the sidelines munching a cider donut or a sausage-and-egg sandwich. Or get some fruit if it's your turn to bring snack. Better yet, bring the kids to the Market after the game for a treat.

All perennials from the **Masters' Garden** are on sale this week: 6" pots, regularly \$5 each are now just \$3 each or 2/\$5! And 8" pots, regularly \$8 each are now just \$6 each or 2/\$10! They will also have some new jewelry designs available! Don't forget all earrings are just \$5.00. Return all your 4" or larger plastic pots and trays for re-use. Let Debbie know if you are interested in having a jewelry/gift home party in November to start preparing for the holidays. The one big difference between a home party with Debbie is that you can purchase and walk away with your items at the time of the party!

Down Under Cafe will have locally grown Butternut Squash Soup, Eggplant Rolletini made with eggplant from Nina's Red Barn Farm, New York State Cheddar Cheese and Spinach Quiche, Corn Pudding made with NJ corn and locally made Chicken Sausage. Isn't your mouth watering?

Nina's Red Barn Farm will have Sweet Annie along with her zinnias this week. Sweet Annie is a feathery wood wort that is used as a medicine in China for fighting malaria but here its used in wreaths for its sweet scent. Check it out!

School Garden Project Update...

On Saturday, September 27th Suzanne Morris and Wendy Rho will be at the Farmers' Market from 10 - 12. Children of all ages are invited to come join them to observe life in the garden, create their own bug and leave a handprint on the School Garden Project Mural.

Biggest Tomato Contest Winner...

Congratulations to Silvano Francescutto from West Milford, NJ who won with a 2.81 pound tomato! He received \$100 in Market Bucks to spend at the Farmers' Market courtesy of the Suburban Trends. Look for our Pumpkin Contest in October.



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!

Soup Bowls Update...

We still have some bowls left to glaze. Please come by the market this Saturday and have fun glazing a bowl with Amy!



Flowers Galore...

On Friday October 17th, the Ringwood Garden Club is holding its "Flowers Galore" fundraiser. Former White House florist Carl Lemanski will entertain the audience by making wreathes, baskets, and large and small flower arrangements. The night will feature a silent auction, a door prize and a raffle for Mr. Lemanski's creations. Tickets are \$20 and the event will be held at the Cup-saw Lake Club house and doors open at 6:30pm. Finger sandwiches, cookies, coffee, tea and cider will be served. Call Pam Kern at (973) 962-4799 for tickets.

Spread the Word...

Do you know someone who would like to receive news about the Ringwood Farmers' Market? Tell them about our mailing list. Signing up is easy! Go to: www.ringwoodfarmersmarket.org/newsletter.html and click on the sign up link.

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