

Ringwood Farmers' Market Bites



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



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At the Market this Week...

It's Wellness Day! In addition to all of our wonderful vendors joining us will be The Great Halls of Healing with free massage, Nancy Smith with a yoga demonstration and Don Weise author of "West Milford Baker's Dozen: A Hiker's Guide to Climbing the Heart of the Highlands 13 Greatest Peaks." Join us for this informative day!

Music at the Market is back this Saturday with Renee Lando. Her album "Heartsrings" is a collection of lush 6 and 12- string acoustic guitar instrumentals with keys & mando backing. With her album, Renee has created a fusion of classical, blues & folk genres in her original compositions that truly transport her listeners. Find out more about Renee on her website: www.reneelando.com.

All perennials from the **Masters' Garden** are still 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! Get them now before they are gone! Debbie will be away for the next two weeks and she'll have new perennials when she returns October 11th. Start now, for early spring blooming perennials. Selections will include sun, shade and deer resistant!

Nina's Red Barn Farm will have more organically grown watermelons, tomatoes, sweet peppers and eggplant this Saturday. She'll also be bringing with her some beautifully scented Sweet Annie to go along with the bouquets of Dahlias and Zinnias. Nina grows a different variety of zinnia that has started to bloom in the high tunnel. It has a cactus like flower in shades of orange and yellow. Come see it!

Down Under Café is making corn chowder for the Market this week along with Black Bean and Butternut Squash Chili. What a welcome meal for the first chilly weekend of September! They will also be back with their local Spinach & NY Cheddar Quiche and Eggplant Rollatini since they were such a big hit last week!

Janet's Baked Goods will have fresh Apple Crisp using local apples and Blueberry & Raspberry Muffins (the may be the last week for them, so get them now!). Janet uses fresh fruits from local farms and fresh eggs from Nina's Red Barn Farm in Ringwood. This week, Janet will be away at a wedding, but be sure to stop by her tent because helping her out this weekend is her sister Lynn and her father, Joe. Lynn is a star in her own right; she is the Banquet Chef at the Ritz Carlton in Florida! Great Sister, friend and Chef. Stop by to say hello!

The pork is back at the **Snoep Winkel Farm** booth! Stop by for kielbasa, sweet Italian sausage, pork chops and ribs. They'll have chickens and eggs for you too. See you Saturday!

School Garden Project Update...

On Saturday, September 27th Suzanne Morris and Wendy Rhodes 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.

Something New...

We don't normally include recipes in our weekly blasts, but with all of the wonderful things to cook at the market each week, we thought we should include them! The abundance of corn (which will soon be gone) and the chill in the air, made us choose Corn Chowder this week. [Click here for the recipe](#). And let us know what you think!

Harvest Celebration Dinner...

Saturday, October 4th will be Eat Local's **Harvest Celebration Dinner** at Harvest at Greenwood Lake Restaurant. Join us for a gourmet 5-course meal, featuring the areas seasonal bounty. The evening will feature a discussion of local agriculture by Cheryl Rogowski of the Rogowski Farm, Pine Island, NY. It will also feature the "Farming the Legacy" photo display. Please join us for what promises to be an enlightening evening.

Tickets are \$40 per person and can be purchased by calling Mary at (973) 831-7871. Space is limited and tickets must be purchased by September 27th.



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 For Sale...

Our soup bowls are glazed and fired and they are beautiful! Starting this Saturday, we will be selling them for \$10.00. Some are even filled with a local treat! All proceeds will benefit our School Garden Project which is bringing gardens to the Ringwood Public Schools. Stop by the managers' table to purchase one.

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 and click on the sign up link.



You have received this message because you indicated that you wished to receive the Ringwood Farmer's Market E-newsletter. If you wish to stop receiving e-mail from Eat Local, please reply to this message and type the word "Remove" in the subject line. Questions or Comments? Send them to eatlocal@optonline.net.