



Ringwood Farmers' Market Bites



Volume 1, Issue 14, October 2, 2008

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

At the Market this Week...

Music at the Market will feature local musician Gene Giordano, joined by one of his students, will play violin in "wandering minstrel" style at the market .

Nina's Red Barn Farm will have mums, mustard mixed greens, little pumpkins, horseradish and 2 new Butter Bliss flavors: vanilla and dill.

Is anyone missing summer already? **Down Under Café** will be making their last batch of Summer Strawberry Cold Soup. For those who are ready for the cold they will also be bringing Mulligatawny Soup made with jalapeño chilies from Nina's Red Barn Farm. Back by popular demand is more Butter-nut Squash & Black Bean Chili along with Martha's Pumpkin Squares made with local pumpkins and cream cheese frosting. We also heard that Philip is making sausage rolls!

This week **Janet's Baked Goods** will be featuring a "Fresh Apple Cake" made with lots of fresh picked local apples, local eggs, raisins, and walnuts.

Soup Bowls For Sale... They were a big hit last week and are back again this week! You can buy yours 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.

This Week's Featured Recipe...

Corn and tomatoes may be dwindling, but apples are in abundance this week! Turn on your oven and warm up the house and your tummies with this super easy Apple Crisp. [Click here for the recipe.](#)

Book Club Update...

October's selection is "Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder" by Richard Louv. Read a [review](#) of this book or [join the book club](#) on our website.

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.



Upcoming Events...

Saturday, October 4th: Eat Local's [Harvest Celebration Dinner](#). Tickets are SOLD OUT.

Sunday, October 5th: The Ringwood Ambulance Auxiliary Shopping Extravaganza from 11-3. Featuring Jewelry, Handbags, Home Decor, Culinary Treats, Children's Items, Clothing, Beauty, 50/50, Merchandise Raffles and a Bake Sale!

Saturday, October 11th: Due to the threat of rain last Saturday, DubSound Distortion changed their performance date. Come check them out on the 11th.

Saturday, October 18th is Harvest Day: Featuring live music, pumpkin painting, a kids costume parade at 10:00, followed by a puppy "pawrade" at 10:30. Bring your camera!

Saturday November 1st: Last Day of the Market for the 2008 season and we're marking it with our 2nd Annual Artisans' Sale.



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!