

# 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...

DubSound Distortion will be the **Music at the Market** and this time the rain won't chase them away! The band, which hails from Oakland, NJ, has a sound that's different from what you are used to hearing at the market. Check them out at [www.myspace.com/dubsounddistortion](http://www.myspace.com/dubsounddistortion).

This week **Janet's Baked Goods** will be bringing back her yummy Apple Cake made with lots of fresh picked local apples, local eggs, raisins, and walnuts. She'll also be bringing fresh Corn Muffins. It's official, sadly blueberries or blackberries are gone for the season.

For those of you looking for some locally grown comfort food, **Down Under Café** is repeating some of your requested favorites. They will be bringing their locally made chicken sausage mixed with local peppers and onions. They will also have the popular favorite seasonal butternut squash soup and New York cheddar quiche. Phil may even throw in some other surprises! Feel free to send your requests to [downundercafe@aol.com](mailto:downundercafe@aol.com).

What a glorious autumn weekend in store - perfect for holiday decorating! **Bialas Farms** will have pumpkins of all sizes, gourds, Indian corn and corn-stalks this week, just waiting to take their places on your porches and stoops and lawns. In addition, they'll have an array of winter squashes and root vegetables to tempt you. That delicious spinach you've all been waiting for so patiently will be at the market this week. Dig out those recipes you've been waiting to try!

**Soup Bowls For Sale... Our stock is dwindling, get yours before they are gone!** 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.

## CSA Opportunity...

This Winter, Let Bialas Farms be your root cellar! With the end of market days quickly approaching, we invite you to extend the farm season with our 2008-2009 Winter CSA. Sign up now and you can have wonderful Bialas Farms vegetables all winter long!

CSA stands for Community Supported Agriculture. Community members purchase a "share" at the beginning of the season, then join us twice a month through the winter for a portion of our farm's vegetables. For our winter CSA, we will have many "storage crops" which hold up well after harvest using time honored storage techniques. We also plan to have some greenhouse items, and some fresh from the fields, for as long as the weather cooperates! Availability of each item will vary depending on weather, growing conditions and crop yields. That is part of the CSA understanding, you get a share of what we have available.

Pay now for your veggies, then come to our farm on the pick-up dates (2 per month) to pick up a beautiful assortment of seasonal produce. The CSA will run from Nov. 2008 – Feb. 2009 (8 dates) and cost \$160 per share.

For more information about the CSA, including the types of vegetables you can expect, go to the [Bialas Farms](http://BialasFarms.com) website.

We are trying to get together 8 shares from the Ringwood/West Milford area to help share with the pick-ups. If you are interested, please send an email message to [eatlocal@optonline.net](mailto:eatlocal@optonline.net).

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](mailto:eatlocal@optonline.net).



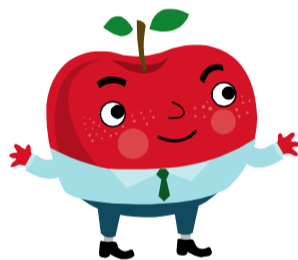
## Upcoming Events...

**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. Start your holiday shopping early! The sale will feature pottery, jewelry, soap, gourds, knitting, artwork and more! Interested artisans should contact Teri Powers at [eatlocal@optonline.net](mailto:eatlocal@optonline.net).

## Time is Running Out...

...to take our market survey. Please go to [http://www.surveymonkey.com/s.aspx?sm=0AWcfaSraaDcoukmYMNwVQ\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=0AWcfaSraaDcoukmYMNwVQ_3d_3d) - we appreciate your help!



## This Week's Featured Recipes...

Apples are still the theme this week. There's an apple cake for those in a baking mood, a savory stuffing recipe that would be perfect alongside a roast pork and a tasty salad with apples and walnuts! [Click here for the recipes.](#)

## Book Club...

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.