



Andover Farmers' Market  
97 Main Street  
Andover, MA  
Saturdays  
12:30 – 3:30  
July 12 – October 11

# The Marketer

Andover Farmers' Market Newsletter

Issue #2 July 19, 2008

## Farmers' Market Kicks Off



Over seventy-five guests enjoyed a taste of the Farmers' Market during our 2008 kick off event, held Friday, July 11 in the Historical Society Garden. Alfalfa Farms Winery of Topsfield provided wine tastings of six of their signature fruit wines while vendors The Greenest Bean, Sassy River Sauces, SwissBäkers, and Beacon Tea Breads also served samples of their products. Farmers' Market Partner Whole Foods Market generously donated a bountiful array of seasonal finger foods which

were heartily enjoyed by all those attending. We are also grateful for the support of our additional partners, First Health of Andover, and Elements Therapeutic Massage, both of whom were in attendance to represent their business' commitment to helping others follow a healthy lifestyle. Vendors Amy's Homemade Soap and Brox Farm also donated wonderful soaps and produce for our raffle baskets. Additional sponsors include Fitness Together, Circles of Wisdom, Northern Essex Community College, Marland Place, and Sandy & Betty Jaffe.

And of course there was plenty of fun and games as the children attending were treated to face painting, coloring contests and movie viewing in the Historical Society's Barn. Andover resident, Julia Kwolyk, delighted guests throughout the evening with her traditional fiddling on the steps of the Amos Blanchard House. We were pleased to see many new faces at the kick off event as well as spend time with familiar friends. Thank you to all who came to the 2008 Season Kick Off event!

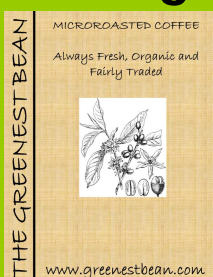
## Today's Vendors

Boston Hill Farm  
Brox Farm  
SwissBäkers  
Saja Farm  
The Greenest Bean  
Circles of Wisdom  
Beacon Tea Breads  
Flats Mentor Farm

## Today's Sponsor



## Getting to Know Our Vendors: The Greenest Bean



The Greenest Bean has brought a very aromatic product to the market: fresh roasted coffee beans. New to the market this year, Patricia Cowell is proprietor of The Greenest Bean. Just over two years ago, Patricia and her husband started roasting their own coffee beans for fun. Soon the couple became known amongst friends and family for having fabulous coffee. With the encouragement of their fan club, the couple decided to try their hand at creating a business with their fresh roasted coffee beans.

The business started off with one small roaster, similar to a hot air popcorn popper machine. Today the company has two roasters, one that still uses the air popper method as well as a drum roaster that is best described as a toaster that rotates.

These days, Tricia, as she likes to be called, sells The Greenest Bean's coffee beans at the Andover, Arlington, and Bedford farmers' markets. The beans are purchased from a wholesaler who travels to Bolivia to personally hand select beans from the farmers. This personal selection guarantees great quality control, an important commitment made by The Greenest Bean.

The Greenest Bean sells whole and ground beans in both decaf and caffeinated and they even take requests. If you desire a specific roast that you don't see, Tricia will roast the beans to your speciation and bring your bag of coffee the following week. So whether you like a light or dark roast, decaf or the fully caffeinated, The Greenest Bean has got what you need to produce a great cup of Joe. The Greenest Bean is also online at <http://www.greenestbean.com>.

## Recipes

We hope you enjoy the recipes listed here. Additional recipes will be printed in each week's newsletter and we're always looking for new ideas. If you have a great recipe to share that include local produce, please send it to [farmersmarket@andoverhistorical.org](mailto:farmersmarket@andoverhistorical.org). Photographs of your culinary concoctions are also welcome!

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### Summer Squash Casserole

1 1/2 pounds summer squash  
 2 tablespoons butter  
 2/3 cups chopped onion  
 1/2 cup peeled, seeded, chopped uncooked tomato  
 1/2 cup sour cream  
 1/4 cup bread crumbs  
 1 tablespoon grated Parmesan  
 salt and pepper

Preheat oven to 350 degrees. Butter a 1 1/2 quart casserole dish. Cut the squash into 1/2" slices and cook in boiling, salted water or steam until almost tender. Drain it well and chop slightly. Melt the butter in a small frying pan and add the onion. Sauté the onion until soft, then remove the heat. Combine the squash and onion with the tomato, sour cream, bread crumbs, and salt and pepper. Spoon the mixture into the prepared casserole. Sprinkle the Parmesan cheese over the top. Bake at 350 for 20 to 30 minutes or until the cheese melts and the squash is bubbly.

Recipe courtesy of *The Wilson Farm Country Cookbook* by Lynne C. Wilson.

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### Spicy Cucumber Salad with Peanuts

1 1/2 pounds cucumber, peeled, halved lengthwise, and thinly sliced (about 4 cups)  
 2 teaspoons kosher salt  
 1/2 cup rice vinegar  
 1/2 cup water  
 3 tablespoons sugar  
 1/4 teaspoon crushed red pepper  
 2 tablespoons minced red onion  
 1 tablespoon chopped dry-roasted peanuts

Place the cucumber slices in a colander; sprinkle with salt. Toss well. Drain 1 hour. Place cucumber slices on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes, pressing down occasionally. Rinse and pat dry.

Combine vinegar, water, sugar, and pepper in a small saucepan. Bring to a boil. Reduce heat; cook until reduced to 1/3 cup (about 10 minutes). Remove vinegar reduction from heat; cool. Stir in onion. Combine cucumbers and vinegar reduction in a medium bowl; toss well. Sprinkle with peanuts.

Recipe courtesy of *Cooking Light*, June 2001.

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Special thanks to volunteer Fang Yi Liu for newsletter design & layout.

Don't forget to visit online at: [www.andoverhistorical.org/farmersmarket](http://www.andoverhistorical.org/farmersmarket)

## Special Events

*Family Fun in the Barn  
 Saturday, July 19, 2008*



Nearly every Saturday during the Farmers' Market season there will be activities for children and families in the barn. This season's first craft will be decorating the Family Fun Banner using stamps made from fruits and vegetables!

Next Saturday, July 26, stop by and plant your own seeds and decorate your seed cup!

### Looking Ahead

**August 23, 2008**  
 Beekeeping Demonstration

**August 30, 2008**  
 18<sup>th</sup> Century Open Fire  
 Cooking Demonstration

**September 6, 2008**  
 Dairy Goat Demonstrations with  
 Kapering Kids 4-H Club

**September 13, 2008**  
 Furniture Making Demo

**September 20, 2008**  
 Farmers' Market CLOSED

**October 4, 2008**  
 Dairy Goat Demonstrations with  
 Kapering Kids 4-H Club