



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

The Marketer

Andover Farmers' Market Newsletter

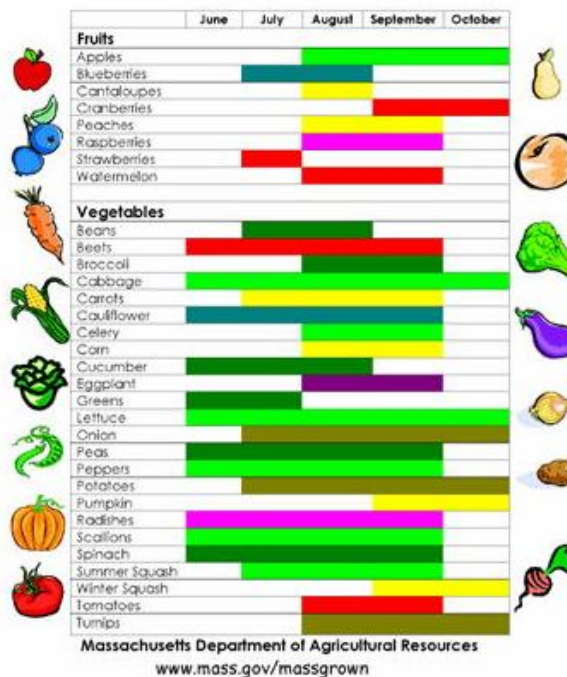
Issue #3 July 26, 2008

Farmers' Market Seasons and Shopping Tips

July is ending and August is almost here. It's a good time to stock up on your blueberries, strawberries, and beans because they will be scarce come September. When August arrives, fresh apples, watermelons, peaches, corn, broccoli, celery, and eggplant will become more widely available. Remember to wander around and look at everything before you choose what you buy. Consider including children in the shopping process as they are more likely to eat what they themselves agree to purchase. Don't be afraid to ask questions; the vendors can provide you with important information about what they sell, how the produce is grown, what special services they have, and what's coming fresh next week. And if you don't recognize a particular vegetable, just ask the farmer. You just might find a new favorite for summer salads or a great dinner idea!

Tips from The Massachusetts Department of Agricultural Resources

"Massachusetts grown... and fresher"
Farmers' Market Buying Guide



Today's Vendors

- Boston Hill Farm
- Brox Farm
- SwissBäkers
- Sassy River Sauces
- The Greenest Bean
- Circles of Wisdom
- Beacon Tea Breads
- Flats Mentor Farm

Today's Sponsor



Getting to Know Our Vendors: Caroline Zuk of Saja Farms

Saja Farm is a third generation family owned farm. In 1915, Bronislawa and Andrzej Saja (Polish immigrants) purchased land on Parker Road in Dracut. Bronislawa Saja and her husband worked very hard and established a dairy. With Maggie the horse, my grandfather (Andrzej Saja) cleared trees and plowed 56 acres of land that would become open space for grazing cattle. When the Great Depression wiped out their savings, they persevered and supported themselves by producing milk, meat (beef cattle, hogs, chickens, ducks, geese) and vegetables. During World War II, they grew tomatoes, producing "mountains" of produce (as told to me by my mother) to help feed the US Army. During the 1950's Bronislawa (Blanche) became a US citizen. In 1967, she passed away, leaving the farm to her two unmarried children, Rev. Thaddeus A. Saja and Helen Saja, expressing very strongly to them prior to her death that the family farm was never to be sold.

After the death of their mother, second generation farmers Thaddeus and Helen ran a haying operation and raised beef cattle. In 1999, when Helen's brother Thaddeus passed away, Helen became very aware that future generations would be greatly tempted to sell the land to developers. As she herself did not have any children, she and I would talk at great lengths about how the farm could be preserved. Then Helen's husband passed away. Again she contacted me for help. Being her godchild, we had always been close and I assured her that if she wanted the farm to remain a farm used for agricultural purposes, I would see to it that the farm would be restored to a working farm. She was very pleased. In 2005-2006, my aunt and I rented 3 acres of land to farmers who had graduated from the CTI/NESFP (New Entry Sustainable Farming Project) and began turning over fields for growing Asian vegetables. We also decided that in line with my grandparents and the second generation, we would grow all of our

produce using organic methods. I withdrew money from my own retirement fund and drilled an artesian well for irrigation. This became the start of the new farming operation. My aunt and I established Saja Farm, LLC as a vegetable growing business.

Today, in 2008, we are enjoying an abundant season. Vegetables harvested fresh from our fields include Asian varieties as well as the traditional produce most folks look for when they visit farmers' markets such as tomatoes, green and yellow wax beans, corn, squash, cucumbers, and cabbage to name a few.

In the fall, we will be planting an orchard and berry fields to prepare for an up and coming "U-Pick" operation. I feel that as a descendent of the Saja family, it isn't just a family name that I am upholding. What we are doing is upholding a unique tradition of growing vegetables European style, where every seed or plant is treated the old fashioned way – set carefully in the ground, tended meticulously by hand, harvested off the field, and brought to the table. That is what we deliver – true freshness. That's Saja Farm.

We presently run a farm stand at 403 Parker Road, Dracut, open Tues-Fri 12 noon – 6pm and Sat/Sun 8am-6pm. We plan to participate in the following farmers' Markets this season: Andover, Lowell, and Dracut. You can also visit our website: www.sajafarm.com for more information on produce availability. We also offer an online form for folks to respond back to us if they wish to participate in a CSA that we are setting up for the 2009 growing season.

Pasta With Rock Shrimp and Pea Tendrils

1 lb. farfalle (bow tie) pasta
 1 t. olive oil
 1 bulb fennel, diced small
 2 shallots, minced
 2 cloves garlic, minced
 8 oz. rock shrimp
 1 cup white wine
 1 cup fresh or frozen peas
 3 cup pea tendrils
 2 tablespoons mascarpone cheese
 salt, to taste
 pepper, to taste
 fresh tarragon leaves, for garnish



Cook the pasta in boiling, salted water until al dente. Drain, reserving a little pasta cooking water. In a 2-quart saucepan, heat the olive oil. Sauté fennel, shallots and garlic until tender. Add the shrimp, and cook 2-3 minutes. Add the white wine, and simmer until the liquid is reduced by half. Add the peas and pea tendrils and mascarpone. Salt and pepper to taste. Add the pasta and toss thoroughly. You may need to adjust the sauce consistency by adding a little of the pasta cooking water. Garnish with fresh tarragon leaves.

Recipe courtesy of www.gourmetsleuth.com.

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

Don't forget to visit online at: www.andoverhistorical.org/farmersmarket

How do I cook this?

Pea tendrils

Young leaves and shoots of the snow pea plant and taste like a cross between peas and spinach. Chinese call them dau miu and use them in soups and stir-fries. Just treat them as you would any other green, like spinach.

Information provided by
www.gourmetsleuth.com.

Amaranth

Often referred to as "the crop of the future," amaranth has the potential to drastically reduce world hunger and improve sustainable land growth. Quite nutritious, there have been reports that the incidence of blindness in children due to poor nutrition has been reduced with the use of 50 to 100 grams of amaranth leaves per day. On a dry weight basis, the protein content in the leaves amount to 30%. Found most commonly in Africa, the Caribbean, and Eastern Asia, Amaranth leaves may be consumed both raw and cooked like spinach. However if cooked, one should discard the water to remove potential harmful compounds that may form.

Information provided by
<http://food-security.info/>

Looking Ahead

August 23, 2008

Beekeeping Demonstration

August 30, 2008

18th 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