



The Marketer

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

Andover Farmers' Market Newsletter

Issue #4 Aug. 2, 2008

Strategies to Adapt to the Rise in Global Food Prices

More people in the United States are worried about feeding their cars than about feeding their stomachs. Yet, Americans spend on average 20% percent of their budget on food and only 5% of budget on petroleum. Over the two years, the price of rice has risen 217%, the price of wheat 136%, the price of maize 127%, and the price of soybeans 107%. Bad weather, dying bees, speculation in commodity markets, rising demand in China and India, the weakening dollar, and the increased popularity of biodiesel have contributed to a global food crisis with no end in sight.

How can the average consumer navigate the new global condition? Here are some suggestions. Buy the house brand; most of the time, premium brands have virtually the same nutrition but cost a lot more. Coupons for name brands, however, are easy to find, so try and use some of those coupons as leverage to lower the price of the house brand. Check out warehouse deals: often things are much cheaper in larger quantities than in smaller ones, so one strategy is to split the price with a friend. Try not to throw anything away – one U.S Department of Agriculture study estimates that on average one quarter of all food products bought by consumers is wasted. Keep flour in the freezer to keep it useable for as long as possible, but don't bulk up unless you're going to use it. The shelf life of flour is six months and a bit longer if you freeze it, but if you only use 10 pounds a year, don't buy more or you will end up throwing most of it away. At your local bakers or grocery market, ask the manager to start a discount rack for bread and bread products. Baked bread needs to be sold soon or it'll waste away. Always look at prices! While the price of bread, rice, eggs, and milk may hurt, more expensive things like rare foods, packaged items, pastries, and cooked goods can put a bigger dent in your wallet. Use substitutes, cut back, or find bargains.

Information from <http://articles.moneycentral.msn.com/>

Today's Vendors

Boston Hill Farm
Brox Farm
SwissBäkers
Saja Farm
The Greenest Bean
Circles of Wisdom
Beacon Tea Breads
Flats Mentor Farm
Amy's Homemade Soap

Today's Sponsor

FirstHealth of Andover, P.C.
One Dundee Park • Andover, MA 01810
978-474-9994
www.firsthealthofandover.com

Getting to Know Our Vendors: Circles of Wisdom

This fall, Cathy Levine will celebrate her 10th anniversary as the owner of Circles of Wisdom, a metaphysical bookstore and resource center located in downtown Andover. Specializing in metaphysical books, crystals and recordings, Circles of Wisdom also regularly offers classes on a broad range of topics, including personal growth and transformation, and alternative healing. Cathy's strong interest in sustainability and desire to expand the green living section of the store meant the timing was perfect for her business to become an active supporter and participant in the Andover Farmers' Market for the 2008 season. By having a presence at the Farmers' Market she has been able make a personal connection with other like-minded individuals and families in the community. Offering numerous books on organic gardening, green housekeeping, local economy, and of course, cookbooks, she has learned from her customers that two books in particular come highly recommended: *The Omnivore's Dilemma* by Michael Pollan and *Animal, Vegetable, Miracle* by Barbara Kingsolver.

The Andover Farmers' Market has been a great opportunity get to know others in the community and the Historical Society is pleased to have Circles of Wisdom as both a sponsor and vendor for the 2008 season. You can also visit Circles of Wisdom at 90 Main Street in Andover and online at <http://circlesofwisdom.com>.

Recipes

Zucchini Tomato Frittata

1 tablespoon olive oil
 1 small onion, finely diced
 3 medium zucchini, (1 1/2 pounds), cut into 1/4-inch-thick rounds
 1 tablespoon fresh thyme leaves (or 1 teaspoon dried)
 Coarse salt and freshly ground pepper
 8 large eggs
 1/4 cup milk
 3/4 cup shredded white cheddar
 3 medium (1 pound) vine ripe tomatoes, cored and thinly sliced crosswise

Preheat oven to 425 degrees. In a 10-inch nonstick skillet over medium heat, warm oil. Add onion, zucchini, and thyme; cook, covered, stirring often, until tender but not browned, 8 to 10 minutes. Uncover, and cook until all the liquid in the pan evaporates. Season with salt and pepper; remove skillet from heat.

In a medium bowl, whisk eggs, milk, and cheese, salt, and pepper. Pour egg mixture over zucchini, gently lifting zucchini to allow eggs to coat bottom of pan. Arrange tomatoes in an overlapping pattern on top.

Return skillet to medium-low heat, and cook until sides are set yet still slightly runny on top, 15 to 20 minutes. Place in oven, and cook until the center is cooked through when tested with a wooden skewer, and the tomatoes are browned, 10 to 15 minutes. Remove from oven; gently slide a heatproof spatula around the edges and underneath to loosen from skillet. Serve immediately.

Recipe courtesy of <http://www.marthastewart.com>

Curried Summer Squash Soup

2 tablespoons unsalted butter
 1 large onion, coarsely chopped (about 1 cup)
 2 cloves garlic, minced
 1 Tablespoons curry powder
 1 teaspoon ground ginger
 1/2 teaspoon Turmeric
 3 medium summer squash or zucchini, trimmed and coarsely chopped.
 4 new red potatoes, peeled and coarsely chopped
 1/2 cup coconut milk
 Salt and freshly ground pepper, to taste

Heat the butter in a large pot over medium heat. Add the onion and garlic, stirring occasionally, until the onion is softened, about 5 minutes. Add the curry powder, ginger and turmeric and stir until very fragrant, about 30 seconds. Add squash and potatoes and cover. Cook, stirring often, until they begin to soften, about 5 minutes.

Add 6 cups of water and bring to a boil. Reduce the heat to medium low and cover. Simmer until the vegetables are tender, about 30 minutes.

In batches, puree the soup in a blender or food processor, or use an immersion blender. Add the coconut milk, adjusting the quantity of the milk to reach the desired consistency and flavor. Transfer to a bowl and cool. Cover and refrigerate until chilled, at least 2 hours. Season with salt and pepper, serve chilled.

Recipe courtesy of <http://www.cooksgarden.com/>

Special Events

Making Corn Husk Toys
Saturday, August 9, 2008



On August 9, girls and boys of all ages are invited to the barn to make corn-husk toys. Originally a Native American practice, these beautiful and simple figurines were made from the outer husks of corn to resemble casual acquaintances and mystic heroes. It's a wonderful craft for children to enjoy and the toys make creative and unique decorations. Stop by the Historical Society Barn during next Saturday's Farmers' Market to make one for yourself.

Looking Ahead

August 16, 2008

MSCPA Nevins Farm
 Information Table

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